



BEST TV
Must-see picks
of the week

POWER PLAY
Patrick Smellie checks out
the real cost of solar energy



NEW ZEALAND

LISTENER

MAY 2-8 2015 • \$4.30 INC GST

ANXIETY TOOLBOX

MASTER YOUR FEARS

**How modern life
is making us so
anxious & what
to do about it**



TE PAPA DOC

What is Rick Ellis
up to at Te Papa?
by Guyon Espiner

H IS FOR HAWK

How a writer healed
her broken heart
by Stephen Jewell

WOOLF CLUB

The enduring appeal
of Mrs Dalloway
by Diana Wichtel



**MONT
BLANC**
EMBLEM



**THE NEW
FRAGRANCE FOR MEN**



COVER IMAGE: GETTY IMAGES/LISTENER ILLUSTRATION

FEATURES

COVER STORY

16 | **Breaking free from the anxiety trap**

A new book by a lifelong sufferer, herself a medical professional, provides everyday ways to ease your mind. *by Nicky Pellegrino*

23 | **Te Papa doc**

New chief executive Rick Ellis is giving our national museum a good shake-up, but will his brave new strategy work? *by Guyon Espiner*

27 | **The meaning of H**

Loss is at the heart of best-seller *H for Hawk*, a title that “fell into my head”, says writer Helen Macdonald. *by Stephen Jewell*

30 | **Absolutely strenuous**

There's a certain mystery to Rebecca Vaughan's taking on of multiple characters for her high-octane one-woman shows. *by Diana Wichtel*

THIS LIFE

34 | Health Animals are put to therapeutic use. *by Nicky Pellegrino*

36 | Nutrition Frozen food can be a healthier choice than fresh. *by Donna Fleming*

38 | Technology Efforts to block overseas online video services are futile. *by Peter Griffin*

39 | Psychology Psychopaths have day jobs too. *by Marc Wilson*

40 | Money Photovoltaic panels lower the power bill, but do they stack up economically?

42 | Food Everyone loves pastry – now take it to the next level. *by Lauraine Jacobs*

44 | Wine Reasonably priced pinot noir with complexity and richness. *by Michael Cooper*

45 | Sport Top-line athletes who combine beauty and beast. *by Paul Thomas*

46 | Travel Byron Bay

BOOKS & CULTURE

48 | **Commanding performances**

Ken Rea's acting students have included Jude Law and Daniel Craig. Actor MICHELLE LANGSTONE asks him about teaching charisma, risk taking and “effective energy”

50-53 | Books By Kate Atkinson, Tommy Wieringa and Charity Norman, plus the latest contemporary fiction

54 | Classical Three generations of Kiwi composers

54 | DVDs *Interstellar*; *Two Days, One Night*

56 | Music From Paul Weller, Unknown Mortal Orchestra and the Specials

58 | Film *The Gunman*; *It Follows*

60 | Culture Vulture *by Veronica Schmidt*

COMMENTARY

4 | **Editorial**

6 | Letters *Plus Caption Competition, Quips & Quotes, Life in NZ and 10 Quick Questions*

10 | **Bulletin from Abroad**

Bernard Lagan in Sydney

12 | **The Internaut** *Toby Manhire*

13 | TV Review *Diana Wichtel*

14 | Politics *Jane Clifton*

94 | Life *Bill Ralston*

DIVERSIONS

62-64 | Diversions & Puzzles

63 | Wordsworth *Michael Collins*

THAT'S ENTERTAINMENT

66 | Television *Fiona Rae*

69 | Online *Fiona Rae*

70 | TV Films *Fiona Rae*

72 | Radio *Fiona Rae*

73-93 | TV programmes

75-93 | Radio programmes

Editor PAMELA STIRLING

Chief Subeditor MICHAEL COLLINS

Art Director DEREK WARD

Staff Writers DONNA CHISHOLM, DIANA WICHTEL, CATHERINE WOULFE (Akld), REBECCA MACFIE, SALLY BLUNDELL (Chch)

Books & Culture Editor MARK BROATCH

Entertainment Editor FIONA RAE

Political Columnist JANE CLIFTON

Designers JODIE FAY, SHANE KELLY

Editorial Assistant HANNAH RORKE

Editorial office

Bauer Media Group, Shed 12, City Works Depot, 90 Wellesley St West, Auckland 1010

Editorial postal address Private Bag 92512, Wellesley St, Auckland 1141, New Zealand ph 09-308 2700; fax 09-302 0903

Published by Bauer Media Group (NZ)

Chief executive and publisher PAUL DYKZEUL

Commercial director PAUL GARDINER

Advertising inquiries New Zealand BEN HILL 09-308 2918, 027 706 7322 behill@bauermedia.co.nz

Classified sales KIM CHAPMAN 07-578 3646 classifieds@xtra.co.nz

Subscriptions 09-308 2721 or call toll-free on 0800 MAGSHOP (0800 624 746), fax 09-308 2769, email magshop@bauermedia.co.nz or visit magshop.co.nz (12 months \$169; 6 months \$90). Overseas rates on request.

Mate!

The widening gulf between former brothers in arms New Zealand and Australia suggests it's time we addressed the Anzac Day myth.

New Zealanders have heard a lot in recent days about the Anzac legacy that supposedly binds us with Australia, but there is a glaring mismatch between rhetoric and reality. Far from reminding us of all the things we have in common, Anzac Day can highlight the embarrassing truth that for all the sentimental talk about a shared heritage, the attitude of many Australians toward New Zealand is one of indifference, even ignorance.

Prime Minister Tony Abbott, in Wellington for the opening of the Australian Memorial, trotted out the predictable brothers-in-arms clichés and concluded his formal speech with the words: “We are more than friends; we are family.” (Literally true, in his case, since his wife came from Wainuiomata, although that hasn’t stopped Abbott from turning a deaf ear, as his predecessors did, to requests that New Zealanders across the Tasman be granted entitlement to benefits similar to those Australians enjoy here.) John Key played along, making all the usual noises about New Zealanders and Australians being fierce rivals on the sports field but insisting that “when it comes to the crunch, we have each other’s backs. It’s what mates do.”

Unfortunately, the feel-good rhetoric about the immutability of the Anzac bond came only a day after a distinguished Australian military historian, interviewed on TV3’s *The Nation*, accused his country of trying to erase New Zealand from the Gallipoli story. Professor Peter Stanley, a former senior historian at the Australian War Memorial in Canberra, posited that Anzac Day has become so entangled with notions of Australian nationhood that there’s no room for anyone else. By an act of nationalistic prestidigitation, the letters “NZ” in Anzac have effectively been rendered invisible. David Stephens, another campaigner against what has become known as “Anzackery” – the elevation of the Anzac legend into a totem of Australian nationhood – said

Australian schoolchildren were shocked to learn that Australian troops made up only 5% of the 140,000-odd Allied soldiers in the Dardanelles campaign. “They think it was an Australian thing.”

So although New Zealanders understand that we were simply part of a much larger military effort at Gallipoli, the Australian Anzac narrative is, as Stephens described it, “Australia-centric”. This corresponds with a pervasive national ethos that puts Australia front and centre and seems almost pathologically reluctant to give New Zealand credit for anything. They’ve claimed our pop musicians, our actors, our racehorses, our national dessert and our TV programmes – now it seems our role at Gallipoli has

been minimised too, in the interests of Australian primacy.



To be fair, Abbott in his Wellington speech had the decency to acknowledge that the Australian army’s most decorated soldier at Gallipoli, Captain Alfred Shout, was a New Zealander. But the inconvenient truth about Captain Shout is one that’s likely to be only whispered in Australia.

Also significant, for observers of political subtleties, was the

contrast in the tone of the two prime ministers’ comments on the dispatch of New Zealand and Australian troops to Iraq, where they will assist in the fight against Islamic State. Abbott, never one to waste an opportunity to indulge in bombastic rhetoric, invoked the Gallipoli legacy by referring to them as “splendid sons of Anzacs”, but Key was conspicuously more restrained. The difference spoke volumes not only about the two leaders’ personal styles but also about the nature of their electorates. Australia has aspirations to be a significant player in global affairs and embarks on military adventures with a gung-ho enthusiasm many New Zealanders don’t share, as Key is keenly aware.

The truth is that the two countries not only have strikingly different historical origins but have evolved in distinct ways, to the extent that they often take divergent paths on matters of both domestic and international policy. Over time they have arguably grown more distant from each other, politically and culturally.

The ties between the countries remain enormously powerful, but it’s pointless to pretend the relationship is entirely amiable; the oafish and vicious Australian sledging of the Black Caps in the Cricket World Cup final was, after all, hardly a demonstration of a warm fraternal bond. Perhaps it’s time to admit that the transtasman mateship so extravagantly invoked on Anzac Day is approaching the status of pure myth. ■

The ties between the countries remain enormously powerful, but it’s pointless to pretend the relationship is entirely amiable.

Love the Gums you're with

Periodontal (gum) disease is the major cause of tooth loss in adults. However, this does not have to happen with the preventative benefits of regular dental hygienist visits. This is why the dental hygienist has become such an integral member of the modern dental practice.

5 Things to know about Dental Hygiene

1. DIY doesn't work

You can't clean and scale your teeth to the standard that the trained hygienist can. It is easy to miss difficult to reach areas, typically those hard to get areas between your teeth.

Also the hygienist has access to a number of different scaling and root planning tools as well as diagnostic tools that we don't have in our bathrooms at home. Even with the best intentions, build up of plaque takes place in a very short amount of time.

2. The mildest gum disease (gingivitis) is reversible with hygiene treatments

Gum disease is when your gums become infected, this is indicated by red, swollen or puffy and even bleeding gums. Gum disease is the precursor to periodontitis so it is best to treat it at an early stage. The dental hygienist will spot the early warning signs of gum disease, which may be invisible to you as the patient. With the hygienist's treatment and your dental home care, you can reverse the damage.

3. One size does not fit all

For the average person, two hygiene visits per year is recommended. Some of our 'at risk' patients have up to 4 hygiene appointments per

year. On the flip-side, some people with great home care habits and no other risk factors need less than 2 appointments per year. A small proportion of patients will also require extensive deep root planning for their comprehensive hygiene programme.

4. Regular hygiene appointments help prevent the onset of other medical conditions

Good oral hygiene and oral health can improve your overall health, reducing the risk of serious disease. The phrase "healthy mouth, healthy you" really is true – and is backed by growing scientific evidence. Research shows that there is a clear link between periodontal disease and cardiovascular disease risk, with increased risk of stroke and heart attack.

5. Regular hygienist visits can't replace the need for a full dental exam carried out by your dentist

Prevention is easier and less expensive than cure, so regular visits to a hygienist means long-term problems could be avoided, thus reducing the overall cost of your dentistry.

However, this does not replace the need for your regular comprehensive examination with your dentist, which include x-rays and other diagnostic assessments.

Here are some questions to ask when making a dental hygiene appointment:

- Ask if the clinician treating you is a qualified hygienist.
- Ask what other checks will take place at the appointment – such as diagnostic x-rays,

oral cancer checks and periodontal charting. You will find that the cost of the hygiene treatment is proportional to how comprehensive your appointment is.

- Ask what sterilisation protocols are in place at the practice and ask if they can show evidence that this training has taken place.
- Ask if there is the opportunity to have back-to-back appointments – that is, a full exam with the dentist followed by the hygiene appointment.

If you haven't been before, don't be surprised if the practice can't tell you over the phone exactly how long your hygiene appointment will be. The current state of your periodontal health will impact the time required to complete your hygiene treatment. In some cases, a second appointment is necessary to regain optimal periodontal health.

At Lumino The Dentists, we are proud to offer high quality dental care for all New Zealanders. We want to ensure that New Zealanders are armed with relevant information to help them make informed decisions about the dental provider they choose.

We would love to have you as our patient for life.



Honouring the past



It's a fair question and it deserves an answer. Ever since this magazine

began championing the idea of a change of flag for New Zealand, we have received carefully handwritten letters from older readers asking if we understand the sacrifice and service of the New Zealanders who went to war under the current flag.

Those are letters that I, as editor, very much respect and have always taken home at night to answer personally. There are other emails though, often abusive in tone, that demand to know what our families have done in war, because, the reasoning goes, we have no right to an opinion on the flag issue if our forebears have not suffered for it.

I do not share that view. There is no hierarchy of the heart here. The wars of the 20th century, especially World War I, touched all New Zealanders. As one historian, quoted by Michael King, so eloquently put it, the following generations "did not need to be told that the angel of death had passed over the land; they had heard the beating of its wings".

We would never at this magazine suggest that the current flag not be used in commemorative ceremonies – Canada has flown both its

old and new flags together. But New Zealand needs something more than an ensign for war. We need to love and honour our past but we must also love our future.

And yet, it is important we say this to the war generation and say it now: we understand the sacrifices those who came before us made for that future and we will never forget.

My own family, like so many others, knows what it is to risk a great deal in war. I had two great uncles who went from New Zealand to serve in World War I. Both were shot in the head. One, Alexander, was shot exactly one week before the end of the war and came home terribly injured. His adored mother, Sarah, my great-grandmother, orphaned on the night she arrived in New Zealand, then widowed in her early twenties, was to care for him all her life.

My great uncle Sydney, awarded a Military Medal for bravery, never forgot meeting King George V in a military hospital where a doctor told the king, "There's no hope for this one." He thought, "Well, I'll be damned!" He determined to survive and he did – albeit in a wheelchair. Another relative, James Stirling, never quite believed that he, too, got to meet the King; this time at Buckingham Palace to receive a Distinguished Service Cross just three months after he joined the Royal Navy in early 1915.

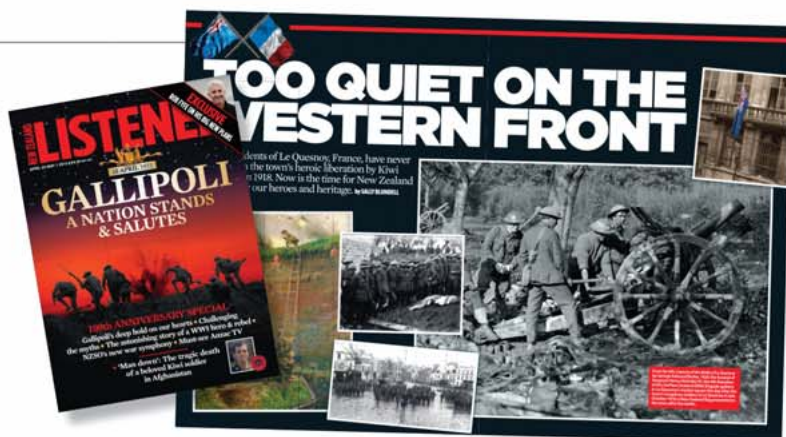
His actions aboard the HMS Meteor are recorded in a book published after the war. The young surgeon, not yet fully trained, "received his DSC for courageously descending into the stoke-hole where the enemy shell had exploded and with the aid of candlelight amputating a stoker's leg, which was badly fractured and jammed solidly amongst the mass of twisted iron and steel; the poor fellow like a bear in a trap. His position was so precarious and his suffering so great that the heroic young student went down into the darkness and worked in the very bowels of the ship, with thick smoke, acrid fumes and escaping steam all around him ... not knowing the moment when the Meteor might take her final plunge."

Perhaps inspired by James, to whom he was always close, my father, Ian, a New Zealand fighter pilot with the Fleet Air Arm, was to receive the same DSC for "gallantry, skill and devotion to duty" in action off the coast of Japan in 1945. It's a strange thing to see a newsreel of your father being briefed for a mission with other young pilots; many of them never to return. Ian's achievements are recorded in several books, including New Zealand's official war history. It reports that he chased a high-flying Kamikaze snooper for 300 miles; it being so critical to ensure it did not report the position of the British fleet.

"The aircraft was finally overhauled about 80 miles from the fleet and shot down from 30,000 feet by Sub-Lieutenant Ian Stirling, of 1842 Squadron, a remarkable feat that earned him the commendation of Admirals Rawlings and Vian and the subsequent award of the Distinguished Service Cross."

Yet while he managed to get his Corsair back that day to the aircraft carrier HMS Formidable, on July 23, Ian was shot down. Injured, he headed out to sea in his life raft, under fire from land, sea and air. He was lucky beyond belief to be rescued hours later by an American submarine, the USS Scabbardfish, whose commander and crew showed extraordinary "audacity and courage", as it was reported at the time, in taking a submarine among mines and shore guns to rescue a Kiwi.

My father recalled that he initially thought the "big, black shape" in the water a mile off the coast was a Japanese destroyer. When he realised it was an American vessel, he later told an interviewer, "It was wonderful, I paddled like one thing towards it." But it submerged to turn around – a submarine never shuts down its engines facing shore under fire. Finally aboard, he later recalled "climbing up to the top of the conning tower and there was the captain, Commander Gunn. He reached out his





Surgeon Lieutenant James Stirling (left) on board HMS Meteor in January 1915; Sub-Lieutenant Ian Stirling during World War II; the HMS Formidable on fire in 1945 after a Kamikaze attack. Below, a Sydney newspaper with Ian Stirling pictured.



writers, I do understand and honour New Zealand's war sacrifices. We have never forgotten in my family. And we never could. As the gods would have it, when my youngest brother was killed at age 29 – on the day he achieved his dream of buying his own farm – it was April 29; the very date that the news of the losses of Gallipoli first reached New Zealand in 1915. Like many families, we know the grief that April, truly the cruellest month, has wrought; we've heard the knock on the door. And we have seen on a personal level, as a family that still has the farm Alexander walked on to convalesce after he came home so tragically damaged from World War I, what it would have meant to lose those young men at Gallipoli.

Most of them came from farms. We took my brother's dog back to our home farm, but he never stopped looking down the road. Just as the loss-stricken families of those Gallipoli soldiers would have witnessed in 1915, a farmer's dog is deeply loyal, ever at the gate to greet a master who is never coming home. ■

Pamela Stirling

hand to shake mine and he said, 'We're pleased to have you aboard, mister!' and I said, 'I'm bloody well pleased to be aboard, Sir!'"

My father was on board for three weeks, during which time the submarine was repeatedly depth-charged – he later wrote "the commander of the Formidable asked in a stern voice where I'd been!" When the Scabbardfish sailed into Saipan, having been told to avoid Hiroshima, they were advised Japan had surrendered. My father was not to return to Japan until the early 1970s, when he attended a United Nations cartographic

conference and made a special point of going with my mother to Owase, where he had been shot down. He never lost touch with the Japanese officials who later came to our home in New Zealand. And he never lost touch with "Pop" Gunn in the States.

But as with so many other families, the war had taken its deadly toll – Ian lost close cousins and his father, who died in agony after a logging accident that would not have happened had there been young men not at war and able to do the work. I never met my grandfather.

As I try to assure those letter

Sydney Roars Gre To Mighty Briti

Straight from the final bombardment of Tokio, five units of carrier task force received a true victors' welcome in Sydney

As the mighty carrier Formidable entered harbor, sirens and whistles from small craft and full-throated cheers echoed from shore

For the first time since the war, Sydney a naval force was arriving, and took full advantage



Formidable, flying the flag of Vice-Admiral Sir Philip Vian (commander of the British Pacific carriers), entered the Heads at 9 am, to be greeted by thousands thronging South Head. She was followed 10 minutes later by another 23,000-tonner, Implacable, and then by the destroyers Grenville, Urchin and Undine.

South Head signal station hoisted the signal, "Congratulations and welcome," which Formidable acknowledged with thanks. An hour before the ships were due, cars began to arrive at South Head. Thick haze obscured the force until it was seven miles off at 8.30 am.

"Dressed Ship"
Coming down the Harbor British crews "dressed" facing outwards along the shore. As they passed other ships flying the White Ensign, they blew and officers saluted.

United States and Dutch merchantmen could not change formal courtesies, made up for it with vigorous cock-a-doodle-dos. Flag-bedecked launches speed-boats chased around carriers as they moved in. The Manly ferry Dee listed dangerously as her passengers rushed to one side close-up view.

All the British vessels part of the huge Allied task force, on August 13, launched

A tale of two paintings

Quips & Quotes

"Just think what God could have done if he had the money." – Groucho Marx, quoted in the Week

"An intruder was arrested at the White House last night after trying to jump the fence. Authorities aren't releasing the fence jumper's identity, but they did say that she tore her pantsuit."
– US TV host Seth Myers

"Thirty years ago, 65% of men leaving their house kissed their wife goodbye. Today, 88% of men who leave their wife have to kiss their house goodbye."
– Stephen Fry on QI

"You don't stop laughing when you grow old, you grow old when you stop laughing." – George Bernard Shaw

Denny Crane: "Say what you will about Republicans, we stick to our convictions even when we know we're dead wrong." Alan Shore: "Some might say especially then."
– in TV series Boston Legal

"The job of a citizen is to keep his mouth open."
– Günter Grass, quoted in the Guardian

"Life is just like watching a film. Only it's as though you always get in 10 minutes after the big picture has started, and no one will tell you the plot, so you have to work it out all yourself from the clues." – Terry Pratchett

Your excellent story about Doug Stark ("Real-life Rambo", April 25) featured a large image of a wounded soldier on a donkey, with the caption referring to the able-bodied soldier as being a member of the NZ Medical Corps.

The photo on which the painting is based was taken by New Zealand Private James G Jackson and the painting was one of a number by New Zealander Horace Moore-Jones.

The soldier leading the donkey is Private Richard A Henderson, who survived the war serving both at Gallipoli and on the Western Front, where he was decorated for bravery. The original large version of the painting hangs in the Auckland War Memorial Museum.

I believe the image you have shown is actually of a reproduction painting hanging in the Australian War Memorial museum in Canberra. In Australia, the orderly is erroneously known as Simpson and he and the painting are probably the most revered image and story of World War I. There has been a movement in that country seeking the awarding of a Victoria Cross to Simpson.

Few New Zealanders are aware of Henderson's place in New Zealand history. It would be good to see his importance better recognised during World War I commemorations.

Murray Reid
(Mangatangi)
LETTER OF THE WEEK

GLORY OR GORY

Matthew Wright ("Great war

myths", April 25) wants us to take a more generous view of "our" side's role in the war, but are we not already doing that in spades? There is scant reference to the Turkish perspective on the Gallipoli conflict, despite the obvious fact that we were on their sovereign territory. And little reference to those who resisted the war, including Princess Te Puea Herangi and union leaders. Dissenters were gagged at the time and speaking out against the war even in private could get you into strife, but surely their views should be aired now.

I fail to see the upside of empire – ours or theirs. British rule in Africa and India was exploitative, often brutal and based on ideas of racial superiority that seem malign and absurd today. Wright stresses we should remember that Germany was "ambitious and militaristic". Fair enough, but it is important to look at the outcome of the war and the strengthening of colonial control by victorious Belgium, France and Britain. The peoples who had been under the thumb of the German or Ottoman empires did not gain freedom, just new masters.

Promises were made to the Egyptian and Arab peoples about post-war independence but instead popular uprisings were brutally suppressed. A New Zealander brigade was among the troops deployed to put down protests in Egypt.

World War I took a horrific toll on New Zealand in the loss of lives barely begun, but can we mourn our loss alongside

FIND US ONLINE

VISIT US ONLINE FOR EXTRA CONTENT AND DAILY UPDATES

- www.listener.co.nz
- twitter.com/nzlistener
- www.facebook.com/nzlistener

that of our one-time antagonists? It was far from being the "war to end all wars" and we need to have the courage to understand why it was a misguided venture.

Maire Leadbeater
(Mt Albert, Auckland)

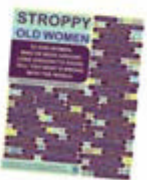
ROAD TO AUCKLANDIA

Portland is a bike-friendly city ("Travels in Portlandia", April 18), says Brett Atkinson, who adds that "it's tempting to optimistically imagine Auckland emerging from the city's much-discussed Unitary Plan with a similar vibe".

In 3500 pages of the Unitary Plan, there's no mention of cycleways or walkways. I made a submission on the subject and had it ruled out of scope. Why? Because the planners had not considered them. What hope have we of "creating the world's most liveable city" if walkways and cycleways are not a high priority? The planners have forgotten about all the people under 18 and over 80 who may not have direct access to vehicles. How do kids get safely to school or sport

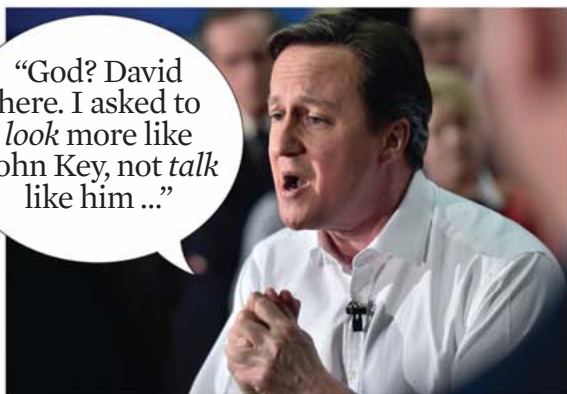
Letter of the week

This week's prize is a copy of *Stroppy Old Women*, in which 52 irate Kiwis from Judith Ablett-Kerr to Alice Worsley vent on short skirts, technology, tablecloths and more.



Caption competition

"God? David here. I asked to look more like John Key, not talk like him ..."



WINNING CAPTION

Robin Kelly, Auckland

FINALISTS

"Lead us not into inflation, but deliver us from Ed."

– PM Lynch, Upper Hutt

"This election is a right old Eton mess."

– Brenda Langholm, Napier

THIS WEEK'S PICTURE



THE PRIZE The winner of our weekly caption competition stands to learn one of the great culinary secrets: how to produce chef-worthy meals without spending a fortune. The answer lies in a box set of both series of hit TV show *Save with Jamie*. **TO ENTER** Send your captions for the photo above to caption@listener.co.nz, with "Caption Competition No 125" in the subject line. Alternatively, entries can be posted to "Caption Competition No 125", NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141, or submitted through listener.co.nz/comps. **Entries must be received by noon, Tuesday, May 12.**



without indirectly creating traffic mayhem? How do we get out for a quiet walk without being hassled by incessant traffic?

The Unitary Plan needs to directly address walkways and cycleways if we are ever going emulate Portland.

Roger Williams
(Warkworth)

QUESTIONS OF LAW

The Privy Council's performance in its handling of recent New Zealand cases justifies our decision to rid ourselves of this court. But more importantly, it means we no longer need endure the indignity of foreigners interfering in our judicial process.

Unless decisive action had been taken by the

government of the day, we might still be discussing whether to retain their services, just as after years of debate we still can't decide how to make our flag more relevant, or whether we should have our own head of state, even though we've been an independent country for about a century. As a nation we seem incapable of making these important constitutional changes.

Rather than bemoaning the Privy Council's sacking, we should question the continuing relevance of the jury system, perhaps the cause of many problems. Although it may have worked reasonably well in simpler times, there is good reason to believe it's now failing us. As evidence continues to become more technical and complicated, juries frequently have difficulty reaching a



WIN MURAKAMI TICKETS

The Auckland Writers Festival session with cult Japanese writer Haruki Murakami, his only Australasian appearance, is sold out and you can't get tickets for love or money. Thanks to AWF, however, the *Listener* has two tickets for subscribers to win. To be in the draw, email giveaways@listener.co.nz with "Murakami" in the subject line. You must be a current *Listener* subscriber to enter and winners from outside Auckland must make their own travel and accommodation arrangements. tinyurl.com/NZLMurakami

Academy Award® Winner
**DUSTIN
HOFFMAN**

Academy Award® Winner
**KATHY
BATES**

**EDDIE
IZZARD**

From FRANCOIS GIRARD
Director of the Academy Award® Winning THE RED VIOLIN

BOYCHOIR

Find your voice. Dare to dream.

"Sit back and enjoy the heavenly music."

The Hollywood Reporter

"Emotionally uplifting."

Variety



IN CINEMAS APRIL 30

PG - Violence & Coarse Language
www.beckerfilmgroup.com

BECKER
FILM
GROUP

verdict, let alone the right one, in all but the most straightforward cases. This results in many cases being drawn out at great financial and social cost.

Murray Eggers
(Paraparaumu)

SWEET AS

Nicky Pellegrino writes that the case against sugar was first made 40 years ago by British physiologist John Yudkin ("Sweet surrender", April 18). Gary Taubes' book *Why We Get Fat* explains how low-carbohydrate diets were researched and experimented with in Europe during the 1920s, nearly 80 years ago, and that most of that knowledge was lost in the upheaval of World War II.

After that war the World Health Organisation (WHO) was formed and an early project was a study of the causes of the "obesity epidemic" in Western countries. Its preliminary report proposed that governments should recommend healthy levels of fat and sugar consumption.

The US sugar industry was outraged and lobbied its government, which then threatened to withdraw WHO funding unless the sugar

10 Quick Questions by GABE ATKINSON

1. In which country is the Incan city of Machu Picchu?

- ☐ Mexico
- ☐ Peru
- ☐ Bolivia
- ☐ Paraguay

2. What is a jeremiad?

- ☐ A bitter lament
- ☐ A lavish event
- ☐ A note of consent
- ☐ A one-person tent

3. True or false? The far side of the moon is perpetually dark.

- ☐ True
- ☐ False

4. Which of these words means a complicated situation?

- ☐ Imbroglio
- ☐ Intaglio

5. Which of these comic strips was created by Bill Watterson?

- ☐ The Wizard of Id
- ☐ Hägar the Horrible
- ☐ Calvin and Hobbes
- ☐ The Far Side

6. Which band recorded a song that begins: "Get your motor runnin'?"

- ☐ The Byrds
- ☐ Steppenwolf
- ☐ Led Zeppelin
- ☐ Cream

7. Which of these is the title of a bestselling novel by Alice Sebold?

- ☐ The Handmaid's Tale
- ☐ The Hunger Games
- ☐ The House of Mirth
- ☐ The Lovely Bones

8. Which airport has a railway line crossing the main runway?

- ☐ Queenstown
- ☐ Wellington
- ☐ Dunedin
- ☐ Gisborne

9. What are the spots on dice called?

- ☐ Bits
- ☐ Motes
- ☐ Pips
- ☐ Jots

10. Which of these innovations is oldest?

- ☐ Steam locomotive
- ☐ Mechanical calculator
- ☐ Morse code
- ☐ Refrigerator

Answers on
page 64.

recommendation was removed from the report, which it duly was. Food manufacturers began selling low-fat products with added sugar to replace the palatability that went with the fat.

Disparagement of sugar was shouted down. Even now, my GP is sceptical about low-carb

diets but has to admit that cutting my intake of sugar, root vegetables, bread and pasta has noticeably improved my weight, blood pressure and kidney function.

Stephen Palmer
(Wanganui)

HANDLING BOOZE

According to Anne Fox ("Bar none", April 11), the one drinker in a 100,000 who spoils things for the 99,999 individually responsible imbibers just needs to change his macho attitude.

What if that drinker is female, accidentally overdoses, gets raped or is arrested for urinating in public – do we assume that she needs to wait several generations for

incentivised culture change to avoid such outcomes?

In New South Wales, violent offences fell by 30% after bars were forced to close an hour earlier at 3am. Culture change and sensible regulation don't have to be mutually exclusive.

Tony Farrell
Mt Maunganui

MOVING OBSERVATION

Greg Hall (*Letters*, April 25) presents an extraordinarily perceptive and chilling analysis of the Ukrainian Jewish massacre photograph published in the March 28 *Listener*. It's a most understated, moving and frightening observation of man's inhumanity.

Petrus van der Schaaf
(Te Arai)

Life in New Zealand

The "no entry" sign at the entrance of the exit did not belong to the council ...

Waikato Times, 7/4/15

Bayleys national director of commercial John Church that 14 per cent of the population was now aged 65 per cent or over.

Sunday Star-Times, 12/4/15

Open 7 Days

Mon Tues Wed Thur Fri Sat

Seafood market and takeaway shop sign, Napier

... the parrot originated from a kaka that flew to the Chatham

Islands around 1.75 million years ago, shortly before the islands emerged above sea level.

New Zealand Herald, 6/4/15

Sculptor Neville Warner's artistically defensive of is creation, "It's a freehand chainsaw carving mate."

Weekend Sun, 2/4/15

LIFE IN NEW ZEALAND: Entries must describe New Zealand events. The first sender of those accepted will receive a \$5 Booksellers voucher. Enclose name, address and source/date; TV and radio entries must also include specific time. No correspondence will be entered into. Send to: Life in NZ, Listener, Private Bag 92512, Wellesley St, Auckland 1141. Picture files only can be emailed to: life@listener.co.nz

Letters to the editor {letters@listener.co.nz}

The Editor, Listener, Private Bag 92512, Wellesley St, Auckland 1141.

This magazine is subject to the New Zealand Press Council.

- Please direct complaints to the editor: letters@listener.co.nz
- If unsatisfied, the complaint may be referred to the Press Council, PO Box 10-879, The Terrace, Wellington 16143 or email info@presscouncil.org.nz
- Online complaints form at www.presscouncil.org.nz





BERNARD LAGAN

IN SYDNEY

Australia should have followed the Norwegians, who used the windfall billions to set up a huge pension fund.

Shock and ore

With mining not what it used to be, the lucky country is left living in hope.

In a couple of months, Australia will hit a striking economic statistic. Don't expect to see Treasurer Joe Hockey light up another of his fat cigars behind the bushes outside his office when the country enters its 25th year of consecutive economic growth. When he was photographed doing this a year ago, the price China was paying for Australia's biggest export – iron ore – was more than twice what it's paying now.

There's a generation of working Australians – something approaching half the current workforce – who've never had to live through the gritty times of recession. They're on the lucky side of history, born after the Australian economy began to its current growth spurt in July 1991.

Your correspondent happened to arrive from Wellington four years earlier – just a few months before the October 1987 stockmarket crash. Pretty soon, the small white terrace house quickly acquired in Paddington didn't look like

such a great deal – not when home mortgage interest rates peaked at a terrifying 17%.

We lived; Australia recovered. Spectacularly. Surging migration though the 1990s, a more flexible labour market and the duchessing of big foreign investment all contributed. So too did Australia's luck. Its proximity to China and its wealth of resources that a burgeoning China needed – iron ore and coal – were the charge that ignited the mining boom. It began a decade ago and the grunt gave Australia its longest period of sustained economic growth in a century.

In 1986, the *Economist* described Australia as “one of the best managers of adversity the world has seen – and the worst manager of prosperity”. Is Australia the totem of how to prosper in a

turbulent global economy? Or has it done little more than ride the luck of a commodities boom?

Across the continent from Karratha in Western Australia to Moranbah in central Queensland and down into the coal country in New South Wales, mining towns are shrivelling. Bitterness is engulfing many who spent large in the expectation that the boom had no end. This includes not only the armies of fly-in, fly-out workers, but also the iron ore entrepreneurs, such as the world's once-richest woman, Gina Rinehart, who before the fall was on track to become the planet's first person to be worth US\$100 billion; now she's sitting on a 10th of that.

The free-falling iron ore price has wrecked the Australian Government's Budget because taxes paid by the big

mining companies are ebbing. Unarguably, the mining boom benefited today's Australians: their living standards lifted by 25%, relative to the US, taking them to about 115% of US levels.

But what will be left for future generations? In the eyes of some leading economists – notably former Reserve Bank board member Warwick McKibbin – Australia should have followed the Norwegians, who used the windfall billions from their oil and gas discoveries to set up the world's largest pension fund: the Norwegian Oil Fund, Europe's largest stock holder and now valued at around \$900 billion.

It's calculated that the royalty and tax payments flowing to public coffers from Australia's mining boom would have hit \$290 billion by 2017 – had the full boom lasted. Australia has, instead, spent them.

Donald Horne was the larrikin academic and writer whose 1964 book title *The Lucky Country* came to define the land in an endearing manner that he never intended. He meant it as an indictment – that Australia created wealth merely by digging up its iron and coal and hoping for the best. ■



“It takes a while for technology advancements to benefit everybody equally.”

New Zealander Bernard Lagan is the Australian correspondent for the Times, London.



TOBY
MANHIRE

"With few exceptions, the Kings and Queens of England have been philistines or dilettantes."

Going, going, Gauguin

The growing number of billionaires is sending art prices sky high.

The top end of the art market is booming. **Gauguin's** *Nafea Faa Ipoipo* (*When Will You Marry*) was recently sold by a Swiss collector to a Qatari for a record US\$300 million (\$390 million). The French painter would be staggered, writes **Catherine Cochard** in Geneva-based *Le Temps*, given he "fought all his life to be able to live off his work and ended up destitute and depressed".

The apparently "unstoppable rise of art prices" is explained in part by the "growing billionaire population from developed or developing economies", among whom art investment is often seen as "an entry pass" to an exclusive global elite. How high could prices go? Cochard quotes **Francis Outred** of Christie's Europe: "I'm certain I will live to see a work of art be sold for \$1 billion." For the buyers and dealers of the most sought after works, Cochard suggests the motivation is straightforward. "It's not about the work's value but its price tag."

bit.ly/NZLartmarket

✚ In a long feature for *Fortune*

magazine, however, **Stacy Perman** warns that such vertiginous growth is hazardous. Certainly, "the market is euphoric, cash is gushing – and the French-cuffed, bespoke-suited Sotheby's and Christie's have responded by engaging each other in a knife fight for market share," she writes. However, "it seems they are plunging their ivory-handled daggers into their own legs as much as they are wounding their rivals".

The self-inflicted wounds come in the form of guarantees offered to high-rolling vendors: "sweeping inducements for the rights to auction important pieces of art", which can leave auction houses forking out huge sums if sale prices fall below an agreed minimum. One commentator likens it to "mortgaging your house and then going to Vegas". Perman concludes: "Many billionaire art buyers these days come from countries encountering turbulence, such as Russia (sanctions, a plunging currency) and China (a slowing economy). The last art plunge was only seven years ago. Even companies that are centuries old, it seems, can forget history."

bit.ly/NZLartrisk

✚ Just in time for another royal baby comes a new literary work of art for children:

The Adventures of Alice Laselles. Its author is billed as "Alexandrina Victoria, aged 10 and $\frac{3}{4}$ ", or **Queen Victoria**, the great-great-great-great-great grandmother of **Wills** and **Kate**'s offspring. The text, written as an exercise in English composition in 1829 or 1830, tells "the charming tale of a girl sent away to boarding school against her will. There is a wicked stepmother, a one-eyed French orphan and a



\$390 million: Gauguin would be staggered.

dog called Frisk who dines on buttered toast", explains **Anita Singh** in the *Daily Telegraph*.

In the foreword, acclaimed children's author **Jacqueline Wilson** calls the book "delightful", saying Victoria "might have made a remarkable novelist". The *Telegraph's* **Max Davidson** is willing to take her word for it, but notes that nevertheless "the plot is

embarrassingly unoriginal". If it is accomplished, he sniffs, it will be untypical. Despite their dabbling in the arts across the centuries, "the fact is that, with very few exceptions, the Kings and Queens of England have been either philistines or dilettantes."

bit.ly/NZLvicky10;

bit.ly/NZLmonarchart

✚ It turns out that one of the truly classic children's books of modern times, **Eric Carle's** *The Very Hungry Caterpillar*, would have had one important difference had the publisher – with whom Carle "fought bitterly" – not interfered. "The caterpillar, you'll recall, feasts on cake, ice cream, salami, pie, cheese, sausage and so on," says Carle, in a charming interview for the first edition of *The Paris Review for Young Readers*.

"After this banquet I intended for him to proceed immediately to his metamorphosis, but my publisher insisted that he suffer an episode of nausea first – that some punishment follow his supposed overeating. This disgusted me. It ran entirely contrary to the message of the book. The caterpillar is, after all, very hungry, as sometimes we all are. He has recognised an immense appetite within him and has indulged it, and the experience transforms him, betters him. Including the punitive stomach ache ruined the effect. It compromised the book."

bit.ly/NZLcarle



DIANA
WICHTEL

Don't try this at home

Electrifying viewing as Nigel Latta pursues high-voltage kicks.

If you've ever longed to see a creepy effigy of Nigel Latta hit by a 1000-volt continuous lightning arc ("My face is on fire!"), then this is your series. *Nigel Latta Blows Stuff Up*: the title explains, as if to a small child, the concept. "Have you ever wondered what it would be like to be struck by lightning?" demanded Latta. Well, no, because as with being hit by a train or disembowelled by a rabid bear, the results are fairly predictable.

Still, Latta took us on a lightning tour of the science. He looked more comfortable being electrified on our behalf than he did on his last television outing, when he had to talk to actual people in Antarctica.

This time it's mostly monologue, like being back at school if your teacher was a more scientifically oriented version of *Summer Heights High*'s punishingly perky drama teacher Mr G. The one who put on *Tsunamiarama*, a musical about the tsunami tragedy set to the music of Bananarama.

Latta started out visiting a huge Tesla coil, owner

unnamed (business tycoon Alan Gibbs apparently has one) and capable of generating "two million volts of deadly electricity pulsating in the night sky! Compared with lightning from the sky, that's just a fluffy kitten!"

Like Mr G, Latta has a way with the kids. "I'll be testing conductivity by putting electricity through a small child!" he promised. I guess he couldn't find any fluffy

spasm and just add all the ingredients into the bowl!" reported Michael Van de Elzen with a traumatised grimace, as Latta sat over the shock switch cackling like a lunatic.

Next week: "Crashing a big car into little car!"

For something even more disturbing, there was *Sunday's Escape from Gloriavale*. The excellent Janet McIntyre spoke to



Nigel Latta: unnerving at times.

kittens. There was something unnerving about seeing a little girl suspended by silk cords so that she could conduct static electricity or something. But then "Do not try this at home" pretty much goes without saying when it's Nigel Latta.

Seeking bigger kicks, he moved on to discovering what happens when you give a celebrity chef repeated shocks – mild ones, apparently – while he's trying to make a broccoli tart. "It makes you

two couples who'd fled the South Island religious sect. Rosanna Overcomer and her children left to follow her husband, Elijah, kicked out for challenging Gloriavale's leader, Neville Cooper (also known as Hopeful Christian), about his 1995 conviction for sexual abuse. "He said I had no right to ask him those kinds of questions. He puts his hands on my head and says, 'Elijah, in the name of Jesus Christ, you've got evil spirits in you.'"

"He puts his hands on my head and says, 'Elijah, in the name of Jesus Christ, you've got evil spirits in you.'"

Rosanna was told she and her children were damned to Hell if she followed Elijah. "It was really incredible for me to see. They just turned on me like a pack of wolves."

The item included footage from McIntyre's visit to the community eight years ago. Permission to use scenes from the more recent, anodyne TV2 documentary *Gloriavale: A World Apart* was refused by the production company: "... screening the footage would jeopardise a deal with the Gloriavale community to broadcast a second documentary", said Miriama Kamo.

Hmm. Still, even an unquestioning documentary breaches the isolation of a community where everyone is shut away from the entire evil world, and is therefore probably a good thing.

And McIntyre's latest report was even more educational than blowing stuff up. Here was a lesson in things to avoid in life: any country or community that won't let you leave without cutting you off from family; anyone who tells your children they are damned; anywhere you're not allowed to ask questions. Hopeful Christian would probably maintain that McIntyre is doing the devil's work but it's perhaps telling that, as far as we know, no one but Nigel Latta got struck by lightning that night. ■

NIGEL LATTA BLOWS STUFF UP, TV1, Sunday, 8pm. SUNDAY, TV1, Sunday, 7pm.



JANE
CLIFTON

Adventures in Auckwardland

The Government can't do nothing but may be punished for doing anything.

If anyone ever doubted how profoundly different a culture we are from Australia's, consider what would have happened had our Prime Minister walked into a pub and sculled a beer in six seconds as Tony Abbott did the other day. A rowdy queue of health campaigners would have formed denouncing John Key for glorifying "our drinking culture" – matched by Paul Henry types denouncing them for wowsersism.

Both teams would soon be flanked by pollsters frantically testing the impact of the scull on the demographic and gender split of Key's vote support, Opposition advisers would be scrambling to come up with trouncing stunts for their leaders and seeding rumours the PM's beer was secretly a shandy, and there would be a national craze to beat the six-second record.

Australians seem simply to have greeted the scull as welcome evidence their PM isn't as big a nancy as they'd feared.

Now that we've seen the two leaders bonding over the World War I commemorations, the bigger question is how we can be sure, given the respective states of our economies, they aren't secretly sculling industrial quantities of neat gin. We're used to quietly grinding our teeth at the prosperity of our big, boastful neighbour, but now Australia is struggling to emerge from a commodity price slump and stay out of recession. Its problem is our problem – a part of the Anzac spirit we prefer not to dwell on. They're at the end of a mining boom – snap, bro, our dairy bonanza is over. We're both collegially failing to solve our overvalued currency, overheated

housing markets and braking export receipts.

It doesn't help that one of their economists, Paul Bloxham, keeps calling ours a "rock star" economy. It's true we have a few fundamentals in better nick than Australia's, but the severe talking-to we just got from the Reserve Bank suggests we're heading for the street-busker economy if we don't look out.

Deputy bank governor Grant Spencer's message: unless the Government makes property investment considerably and rapidly less attractive, the economy will become, abruptly and ruinously, toxic. The trading banks have more than half their eggs in that basket and they'll have to start protecting themselves against the possibility of market correction. That means a credit squeeze risk – of a type that will spread the pain well beyond the ranks of Auckland's multiple landlords.

John Key won't have picked up any spine-stiffening ideas over a beer with Tony Abbott.

THE PAIN GAME

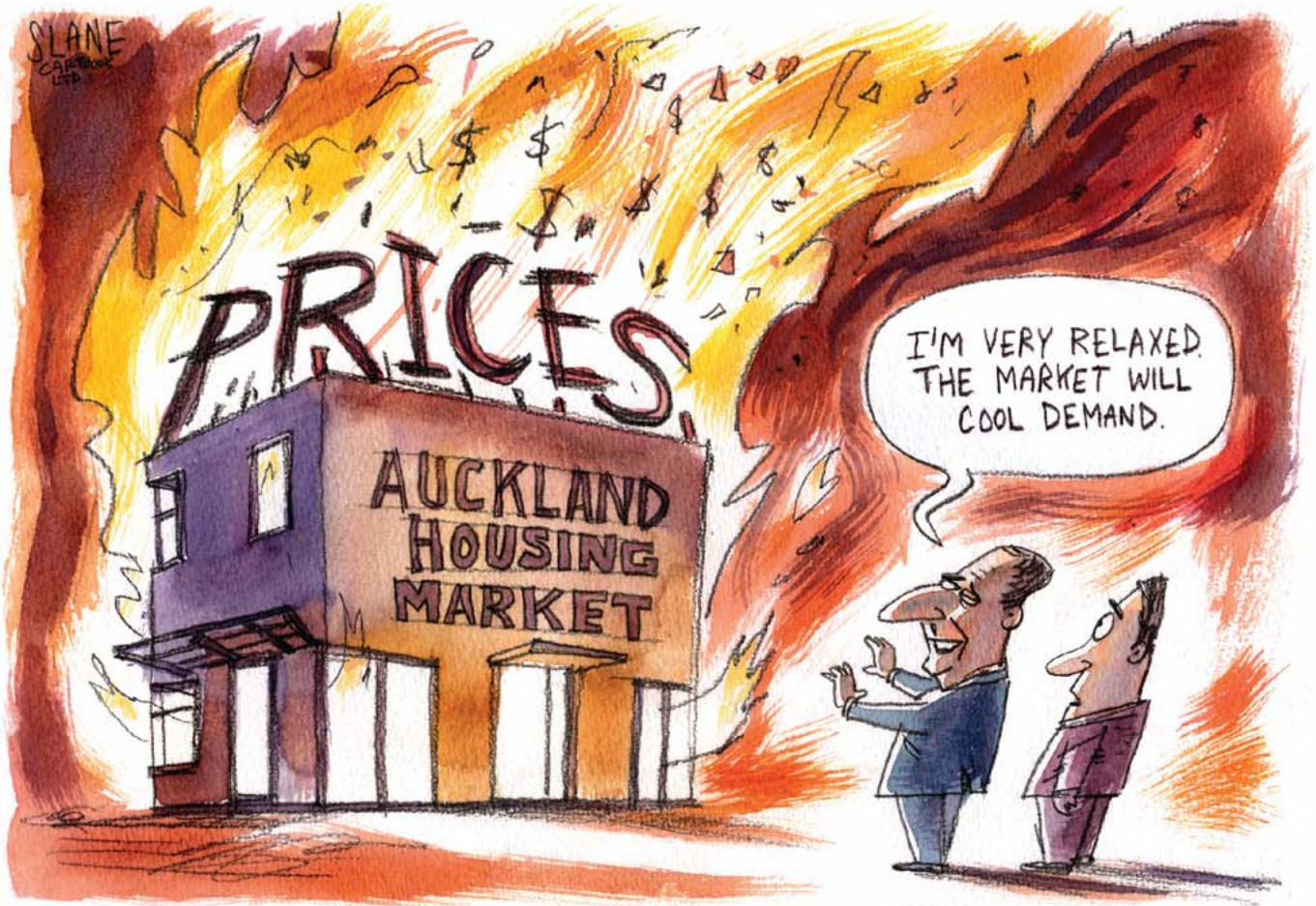
Rock, meet hard place. Economically, the Government can't do nothing; otherwise, a housing and credit crash could trigger a recession. Politically, there isn't anything it *can* do without causing pain and annoyance to significant numbers of voters who will feel it undeserved. It suits the Government that there are hundreds of thousands of homeowners who

Auckland's housing market seems capable of interpreting every new Reserve Bank signal as a sign to invest more.

keep seeing their homes appreciate in value. House price inflation has been running at 17%. Many people are confronting the absurdity that their home, could they but toddle off and live in a hole in the ground and rent it out, would earn more money per week than they do.

It's not sustainable, and in reality, rental property returns are flagging. There's only so much rent people can afford to pay. It's at the capital gains end of the market that the Reserve Bank sees the need to kick some butt. But ... Labour has just quietly junked even its mild capital gains tax policy of last election, and National behaves as though this kind of tax





is an urban legend that only the gullible and feeble-minded could possibly believe, like trees growing in your tummy if you swallow apple seeds.

There is potential for deeming more property investors to be traders under existing law – a toughening in definitions over recent years having seen a sharp increase in tax revenue from house sales – but that's a slow, cumbersome and argument-prone avenue. As is anything else anyone can suggest, be it a tax on land banking, higher mandatory standards for private rentals or a curb on reverse mortgages.

The housing imbalance is politically dastardly to tackle, because it's been caused by a whole lot of people behaving in a privately fiscally rational manner over a large number of years. It's only quite recently that the authorities have decided that this private rationality is not just socially and economically undesirable but actually dangerous. Bit late. Anything done now to deter and correct this is going to be a punishment of people who have

The situation has been caused by a whole lot of people behaving in a privately fiscally rational manner for years.

done nothing wrong.

We seem to have a nasty choice between trying actively to trigger a soft landing by inflicting localised pain, and hoping like hell market gravity will somehow miraculously never apply to housing and carrying on as usual.

The Government seems alone in preferring – or at least affecting to prefer – the latter choice. It's quite some risk. If there's a crash, the pain will be universal and voters will be under no illusion that the universality could have been averted if the politicians had acted when their expert advisers had urged them to.

AUSTRALIA NO HELP

Key won't have picked up any spine-stiffening ideas over a beer with Abbott. Australia's property market is foaming along at an annual 8% inflation; Sydney house values are up a third in just two years. Australia has tried mortgage-lending restrictions, which are credited with allowing a cut in interest rates this year. Been there, done that. All that did for us

was squeeze first-home buyers and create more frenzy among those already engaged. Auckland's housing market seems capable of interpreting any and every new Reserve Bank signal as a sign to invest more.

A further deterrent to some housing tough love is the Government's frisky fiscals. In the manner of a *Bridget Jones's Diary* calorie and alcohol unit pledge, it has been fetishising returning to surplus for the past umpteen years and is now stuck with a meaningless and perennially unachievable goal, which any property clampdown would only make more illusive.

Publicly, Key and his Cabinet strobe calmness. Privately, they're scrambling. This has the makings of a not terribly funny "A Prime Minister walks into a bar ..." joke. Any leader who got a message like last week's from the central bank would feel moved to do as Abbott did, only twice as fast, and at considerably greater volume. Key might understandably have been yanking on his own hair, never mind some poor waitress's. ■

Breaking free from the anxiety trap

If worry and panic are familiar foes, you're surely not alone. A new book by a lifelong sufferer, herself a medical professional, provides everyday ways to ease your mind. **by NICKY PELLEGRINO**

For the anxious-by-nature person, very little help is to be found in the catchcry "don't worry". Most have had a lifetime of hearing it and, says Alice Boyes, not only is it irritating, but it can end up making them feel as if there's something fundamentally wrong with them.

Boyes is just such an anxiety-prone person, and she has also trained and practised as a clinical psychologist. She has combined these two perspectives in a new book, *The Anxiety Toolkit*, a practical guide to managing anxiety so it doesn't affect everyday well-being, but not, she's at pains to point out, "one of those saccharine, stick-a-smiley-face-on-it, positive-thinking books".

Growing up in Greymouth, Boyes was an anxious child. "I was one of those kids who wouldn't go to school camp because it was too anxiety provoking," she says. "I was terrified the camp leaders would make me eat

food I didn't like or tell me off for something I hadn't meant to do. And the idea of changing to a new teacher at school made me sick with anxiety."

Almost every decision Boyes has made

"If you fight against anxiety, it will fight back harder. You've got to know your nature and work with that." Alice Boyes

in her adult years has left her feeling physically sick. She suspects her way of thinking and reacting in stressful situations might have resulted in her leading a more limited life if she hadn't studied psychology at the University of Canterbury. This gave her crucial insight into her own thought patterns and equipped her with the techniques to manage them and stay mentally healthy.

"As I got into my training, all the things I was learning were so useful to me and so life-changing. I don't know where I'd be now without them," she says.

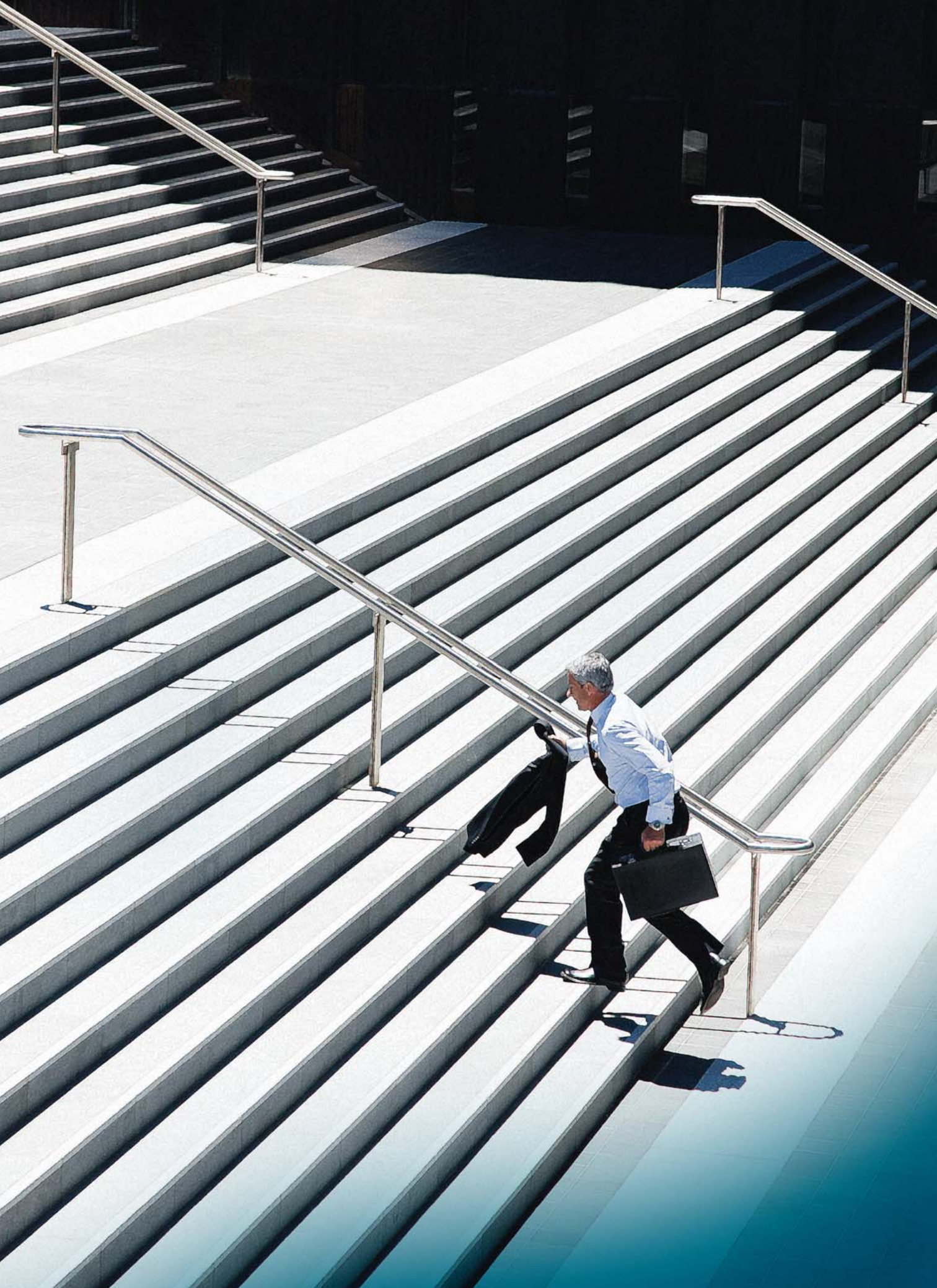
FREEING HERSELF UP

Where New Zealand-born Boyes is now is Las Vegas. No longer practising as a psychologist, she's focused on being a writer and regularly blogs for *Psychology Today*. She continues to use the coping mechanisms she learnt in her profession to manage her ongoing anxiety.

"For example, I know I'm a person who automatically thinks about the worst thing that can happen, so I'll try also to consider the best thing and the most realistic. I do that naturally now. It's as if the negative thoughts are spelling mistakes that I auto-correct. I still have the tendencies I've always had, but the strategies feel like part of me and not a burden."

Hugh Norris of the Mental Health Foundation and Alice Boyes.





Another technique Boyes has found works for her is one used by US President Barack Obama and Facebook founder Mark Zuckerberg: eliminating micro-decisions about things such as what to wear or eat by sticking to the same choices. "People call me Chairman Mao," laughs Boyes. "I have a uniform I wear every day and two outfits I put on if I have to go out. I was like that even as a kid – I'd wear my school uniform on mufti day. I've been teased mercilessly for it, but now there's actual research to back me up."

Boyes also often eats the same foods over and over again and says creating this base level of consistency is a way of managing her psychological bank account wisely. "If I'm not dealing with change in those areas, I free myself up to cope with it in other parts of my life."

At times she has also employed a technique known as exposure to deal with intrusive thoughts about specific and often irrational fears. "Exposure is the most potent

"An important step is realising that anxiety is not a defect; it's a useful system that has got miscalibrated."

technique in treating anxiety. It involves bringing the worst case scenario to mind and holding it there, keeping the vivid images until the anxiety level drops. You repeat it until you can bring it to mind with only low levels of anxiety ... it's a bit like an inoculation.

"I used to have crazy thought intrusions about losing control. I'd worry about ending up in jail because I'd lost concentration and killed someone while driving. I used the technique of exposure and it took about three or four times before I stopped having the thoughts."

Physical symptoms of panic attacks can be dealt with in a similar way, using a technique called interoceptive exposure. "So if a patient is dizzy during a panic attack, you get them to spin on a chair so they can experience the sensation without the panic."

MODERN MALAISE

For people like Boyes, anxiety is a result of

Toolkit techniques

- **Slow your breathing.** This is the best way to instantly feel calmer. Drop your shoulders and focus on breathing slowly rather than deeply.
- **Decelerate.** If you're feeling overwhelmed or your thoughts are scattered, do a task 25% slower than your usual speed.
- **Suit yourself.** Set up your life to accommodate your temperament. Aim to be only as busy as you can handle and to maintain the right level of social contact for you.
- **Act.** Any small action you take to address what you've been avoiding or worrying about will help alleviate anxiety. Even something as simple as making a shortlist of options or solutions will help shift over-thinking to problem solving.
- **Reduce excess sensory stimulation.** Try wearing noise-reducing headphones, for example.

a complex interplay between genes and environment. Several parts of the brain are involved in the production of fear and worry and this is something scientists continue to grapple with.

Last year a report by researchers at the University of Wisconsin associated an elevated anxious temperament with deficits in one of the brain's off-switches for anxiety, neuropeptide Y receptors. In 2009, psychologists at Stanford University identified a region of the brain, the anterior insula, which plays a key role in predicting harm and learning to avoid it. Researchers found excessive levels of insula activation put people at risk of psychological disorders such as anxiety and phobias.

There's also a trickle-down effect. Parents with an anxiety disorder are more likely to behave in ways that put their children at risk of developing them, according to a 2012 study at Johns Hopkins University.

And there may be a higher price to pay for anxiety. It has been linked to everything from poor sleep patterns to high blood pressure and even accelerated ageing. Plus a biological link has been established between stress, anxiety and depression (mixed anxiety-depressive disorder is a diagnostic category).

As we discover more about the biology of anxiety, new drug treatments will be developed. In the meantime, the psychological methods of treating it have changed. "One of the big trends these days is to recognise these things we label as negative emotions – shame, guilt, anxiety – actually have a purpose," says Boyes. "An important step is realising that anxiety is not a defect; it's a useful system that has got miscalibrated."

There are sound evolutionary reasons for worrying. It's an extension of the fight-or-flight response that keeps us on the lookout for potential threats. The problem is this hyper-vigilance system hasn't adapted to modern life. In New Zealand, for instance, life is safer for the vast majority of people than it has ever been. Yet as a nation, we're becoming more anxious, not less, something we have in common with populations in other wealthy, developed countries, such as the UK and Australia.

"In my clinical practice in Christchurch, anxiety was by far the most common problem I saw," says Boyes. "It was huge. And when I started blogging, the posts about anxiety were the ones that drew in the most people."

Results of the 2013/14 update of the New



Zealand Health Survey showed that 18% of adults have been diagnosed with a mood and/or anxiety disorder at some point. That's up from 16% in 2012/13 and 13% in 2006/07. Rates are 40% higher in women than men. These statistics cover only those who have sought help; there's no telling how many others are suffering in silence.

Hugh Norris, director of policy and development at the Mental Health Foundation, identifies three factors in this steady rise. "The first is that more people are accessing

help who perhaps wouldn't have before when there was a greater stigma about it. Second, I think we're lowering our tolerance to psychological pain. Where previous generations might have said, 'That's life', we expect it to be able to be fixed. And third, there are some genuine stressors that are increasing.

"It seems possible that we're moving away from stoicism as a strong cultural aspect of our society. Many people came back from the war very damaged and it just wasn't

talked about. Today people want to do something about emotional pain instead of just soldiering on, which isn't terribly effective as a psychological strategy. A bit of resilience is good, but ignoring the fact that we're vulnerable isn't."

Norris points to the massive changes we've seen in the past 20 years – the greater financial uncertainties and inequalities, the electronic and digital distractions, the expectation that we should be constantly available, as well as the facets of modern life that play on our tendency to be sensitive to comparison with others. "There has been a rise in consumer advertising, and a lot of that is based on the subtle fear that if you don't have this product or that service, you may be missing out. Studies suggest social media is also mildly anxiety-provoking for similar reasons."

KNOW YOUR NATURE

The Mental Health Foundation is talking

"I think we're lowering our tolerance to psychological pain. Previous generations might have said, 'That's life.'"

a preventative approach. Its Five Ways to Wellbeing programme encourages people to look after their mental health in the same way they do their physical health. Exercising, connecting with others, continuing to learn, appreciating the little things and being generous are the key pillars. Meanwhile, the Anxiety New Zealand Trust has released a free mood diary app to help sufferers track their symptoms and triggers and monitor their mental health.

As Boyes explains, part of the problem is that we often don't recognise our anxiety – we'll notice we're feeling irritable or unhappy but won't see anxiety as the underlying cause. Her approach is to use the principles of cognitive behavioural therapy to help people gain greater self-knowledge, then adapt the principles into tools that can shift thinking and behaviour.

"Old-fashioned psychology was about getting rid of the thoughts," she says. "People still talk about 'beating' anxiety, but I don't

GETTY IMAGES

'Lucky thing to have anxiety'

The Aromatherapy Company founder Sarah Townsend considers greater self-awareness an unexpected benefit of her anxiety disorder.

Sarah Townsend has come to realise her anxiety-prone nature isn't such a bad thing. The Auckland businesswoman first started suffering serious symptoms of panic in her early twenties when she was living in London, working and playing too hard.

"I started feeling absolutely terrible," she recalls. "I was exhausted, short of breath, my heart was beating too hard. It would come in waves. I'd think I had different illnesses all the time and kept going back to my GP."

On her seventh visit, the doctor asked her to take a medical textbook from the shelves, open it at random and read from a page. Townsend doesn't recall what condition was on it but does remember saying to her GP, "That's it, I've got that."

He told her, actually, she didn't. "There was nothing wrong with me physically – I was perfectly healthy," says Townsend. "I was manifesting these things because I had an anxiety disorder."

Although it's something she has continued to experience in different forms, anxiety hasn't held her back. Twenty-five years ago she founded her business The Aromatherapy Company and has since gone from working alone in her garage to employing 60 people and exporting a large product range around the world.

She's learnt to recognise her triggers. "It's when I've been too stressed, pushing myself, possibly having

too many late nights. My work uses up a lot of emotional energy because I'm a creative and it also involves a lot of travelling, so I have to make sure I keep myself in check. There are signs: I'll start getting a bit breathless, my sleep will be affected, I may start to be a little too chatty and overexcited."

Sometimes the symptoms do still take her by surprise. On one particularly frantic work trip to Shanghai, she

"It's like a train going along a track. You'll have a little derailment and while you're off the track you can take a moment to check in with yourself."



Anxiety sufferer Sarah Townsend: careful not to overload herself.

became aware of an uncomfortable lump in her throat. "I couldn't swallow and because of that I couldn't sleep. I was really worried. I thought I had throat cancer."

Back in New Zealand, it didn't take her GP long to diagnose the problem. As Townsend described her symptoms, she was taking big anxious, gasping breaths. That's what was causing her muscles to spasm. She was referred to Auckland's Breathing Works clinic and still uses the techniques she was taught along with regular yoga, meditation and mindfulness.

"Exercise is also a key thing for me and it's good to do things that are a challenge. Recently I took a sailing course, which wasn't something I ever thought I'd do. And it was a really good feeling. I wasn't in control, I had no idea what I was doing and I had to focus."

Townsend still has to be careful not to overload herself. She's now stepping back from her position as chief executive and has hired someone else to fill the role so she can reduce her work hours and focus on the more creative side of the business, which she sees as her real strength. She credits her anxious nature with helping her understand how to manage her life and work better.

"I'd describe it as like a train going along a track. You'll have a little derailment and while you're off the track you can take a moment to check in with yourself and consider why it happened, and if it might be because you're doing too much. So it's actually a wonderful, lucky thing to have anxiety."

like those metaphors. If you fight against anxiety, it will fight back harder. You've got to know your nature and work with that. It's about creating an owner's manual for your brain and understanding your cognitive style – not about changing your thoughts

but changing your relationship with them. The good news is that anxiety is one of the more treatable problems, much more so than depression, for instance. We know how to wind it back."

The techniques she outlines in *The Anxiety*

Toolkit are particularly useful for those who are anxious by nature but not necessarily suffering from a full-blown disorder. Rather than the common method of identifying the various conditions – generalised anxiety disorder, obsessive compulsive disorder,

AUCKLAND WRITERS FESTIVAL

Book now for five days of good times and great ideas
with 150 of the world's best writers and thinkers.

HELEN GARNER
BEN MENDELSON
DAMIAN BARR
TIM WINTON
HELEN MACDONALD
WITI IHIMAERA

JOY AND GRIEF

ALAN CUMMING
PETER FITZSIMONS
AMY BLOOM
C.K. STEAD
ZIA HAIDER RAHMAN
XINRAN

13–17 MAY 2015, AOTEA CENTRE
WRITERSFESTIVAL.CO.NZ

Tickets on sale NOW. Earlybird discounts available.
Ticketmaster.co.nz or 0800 111 999



Auckland
Tourism, Events and
Economic Development



creative
nz



LISTENER



panic disorder, post-traumatic stress disorder and social anxiety – Boyes takes a more practical approach and pinpoints what she refers to as the common “anxiety traps”, the things we do that make the problem worse.

“Almost everything people do to try to relieve anxiety – from avoidance coping to compensatory things like over-checking your work – cause anxiety to snowball.”

THE ANXIETY TRAPS

Rumination is the trap people most commonly fall into, says Boyes. Mentally replaying past events and worrying about the future is what she refers to as “unhelpful over-thinking”. To illustrate how people can get stuck in it, she refers to a study from Yale University and the University of California that found women who were prone to rumination took an average of 39 days longer to seek help after noticing a breast lump.

“When I was assessing clients, rumination was the first or second highest score for everyone,” says Boyes, who admits to being prone to it herself. “I might have an awkward interaction and then ruminate. I’ll be slightly off and it might take a day and a half to feel better, but I know myself well enough now to understand that it takes time to pass – it doesn’t impede my day.”

An obvious trigger for rumination is email, a form of communication stripped of all nonverbal and many context cues, and often prone to slow responses or perhaps no response at all. As a result, it’s easy to jump to negative conclusions and take the whole thing personally. “Short distraction is helpful for rumination. Just two minutes can help disrupt it. So perhaps spend the time doing a Sudoku puzzle, although I prefer doing things that are practical, like washing some dishes.”

Self-compassion is a newer tool to help break the rumination habit. “It’s been practised in therapy for the past few years and can be a hard one for clients to get. But for me, self-compassion has been the missing piece in psychology.”

Kristin Neff is one of the leading experts on self-compassion and was among the first to conduct research on the topic. She defines it as giving ourselves the same kindness and care we’d give to a good friend, accepting our failings rather than criticising ourselves for them, and not becoming wrapped up in a situation or emotional drama. On her website, self-compassion.org, she includes a quiz so people can test their own tendencies, plus exercises and guided meditations



“People are sick of being told to eat better, sleep better, do your meditation.”

to help us develop more self-compassion.

Anxiety-related perfectionism is a trap that can be as paralyzing as rumination. “There is more and more research coming out that [shows] perfectionism is a risk factor for other problems,” says Boyes. “It can even increase mortality. But it can be hard to distinguish between perfectionism and conscientiousness, particularly for high achievers.”

Anxious perfectionists believe they must perform flawlessly at all times. If they manage to meet their ultra-high standards, they may conclude those standards weren’t high enough and revise them upwards. Perfectionists tend to overdo things, persist too long on certain tasks, or avoid them completely when self-doubt creeps in.

But there is a way to keep your standards high without the problems that come from perfectionism, says Boyes. “If you can shift your thinking from a performance focus to a mastery focus, you’ll become less fearful,

more resilient and more open to new ideas. A mastery focus means learning to tolerate that you’re not going to be perfect right out of the gate, so you can cope with a less than excellent performance and become less upset about failures.”

HERE’S THE PLAN

Avoidance is the technique most of us tend to naturally fall back on to control panic and worry. We may avoid situations or courses of action that make us anxious. This isn’t just a bad idea, it’s a terrible one, says Boyes, since avoidance has been shown to be one of the main factors that fuel anxiety. “It’ll eat you alive psychologically if you don’t work on it. Why in a war do only a small proportion of people get post-traumatic stress? They’re the ones using avoidance mechanisms – staying away from crowded places, not talking about their experiences.”

Exposure hierarchy is a common tool used to treat avoidance issues in cognitive behavioural therapy. It’s a simple concept. You make a list of all the situations and behaviours you avoid and assign a number to each based on how anxiety-provoking you expect it to be. You then make a plan for working through the list, starting by tackling the things with the lowest scores and repeating them several times before moving on to the next. Boyes also suggests a 30-day project to overcome avoidance coping. “The goal is to start unravelling your habits bit by bit. If you sometimes fall back into the trap, that’s to be expected.”

She hopes that working through the quizzes, thought experiments and action plans included in *The Anxiety Toolkit* will help people become more resilient to future stress, less stuck in unhelpful behaviours and not necessarily less anxious by nature but less adversely affected by it.

“People are sick of being told to eat better, sleep better, do your meditation. This is about finding techniques that feel like reflections of your natural self. Of course there is some trial and error. People themselves don’t know what’s going to work and one of the traps is negative predictions, so there is a balance between choosing strategies that naturally appeal and trying some that sound kooky or seem too simple to work, as often they’re the ones that are most effective.”

One thing’s for sure – it has to be better than having people constantly tell you: “Don’t worry.” ■

THE ANXIETY TOOLKIT, by Alice Boyes (Penguin, \$25.99), is also available as an e-book.



TE PAPA DOC

New chief executive Rick Ellis is giving our national museum a good shake-up, but will his brave new strategy work? **by GUYON ESPINER • photo by HAGEN HOPKINS**



Te Papa's Gallipoli exhibition opened this month to plentiful and positive media coverage. Opposite page, Rick Ellis: "I don't think I need to be a museologist."



You name it, Rick Ellis has run it: telcos, television companies, airlines. Now he heads the national museum. He doesn't need to be an expert in any of these things. Knowing a lot about the field in which your business operates – that's what Ellis calls "domain knowledge". And he doesn't need it. He runs Te Papa and that's like running any other business.

Instead, what you need is the three pillars. "One is having clarity about your strategy and that means having a real clarity around your product and your customer. Second, it's about building competent teams that are going to execute for you, and third, it's having a good execution plan to get to whatever your objective is." It's that simple. "You can apply those principles of leadership – and any *Harvard Business Review* will tell you that – to any business. You don't need, necessarily, deep domain knowledge."

The former TVNZ chief executive learnt that lesson with his first big corporate role

heading Ansett New Zealand in 1995. "With no disrespect to my predecessors at Ansett, they had people who knew how to fix and fly aeroplanes running the business and it never made money. I turned that business around within a year."

Now it's his job to turn around Te Papa. Maybe he's right that what the museum needs is corporate expertise. The last boss, Mike Houlihan, started his career at London's Imperial War Museum and later ran museums in Wales and Northern Ireland. He left Te Papa with a \$12 million deficit after two big loss-making exhibitions, then took himself back to Britain five months into a year-long contract as a "special adviser" to the Ministry for Culture and Heritage.

Ellis will certainly bring corporate discipline to the role. He says he's seeking more revenue and will give over more of the museum's space to corporate events to get it. Te Papa Press, the award-winning publisher of art, culture and natural history books, may close for up to five years. In fact, the entire museum is being overhauled: every one of

the museum's 20 permanent exhibitions will be replaced over the next four years. Many in the arts community see the barbarian not only at the gate but inside the castle with his dirty mitts on the crown jewels.

But Ellis is snug in the knowledge he deserves to be king. He knows what he knows and he knows what he doesn't need to know. "There are some businesses that need deep domain knowledge that I wouldn't be suitable to lead, but if you take Te Papa for example, it is anchored around the core biodiversity and culture of New Zealand. I am a New Zealander born and bred. My parents were farmers. I have lived in Maori communities as a Pakeha. So I walk into the collection areas of Te Papa and go, 'I feel at home, I identify with all this.' So I don't think I need to be a museologist to figure out how do we actually get these wonderful stories out there."

As for the sword hanging over Te Papa Press, he says he is "very conscious of the contribution" it makes to New Zealand's cultural life. "Considering the option of



suspending print publications for a period is not something we have done lightly.”

REMAKE/REMODEL

The story of Te Papa began 17 years ago. In traditional museological terms, that’s not long – a drawer of dead butterflies might not be opened during that time. For Te Papa, it’s an age. Ellis believes it needs a make-over and that’s what it’s going to get. Not that the museum is unpopular. Over Easter 30,000 people visited – 10,000 more than the previous year. This year Te Papa had its best January ever, and in April its Gallipoli exhibition opened to plentiful and positive media coverage. So why change anything?

Ellis explains that although the numbers look good, only about 13% of New Zealanders are engaging with the museum. About 1.3 million people visit each year, but half are tourists. So a facelift is in the offing. The permanent exhibitions, largely unchanged since 1998, will be replaced. “Effectively we are going to relaunch the museum,” Ellis says. That means goodbye to exhibits like

Awesome Forces, Passports and Mountains to Sea and hello to, well, that’s what now has to be decided.

What Ellis doesn’t have to do is major cost-cutting. The deficit was pared back to \$8 million, which given the way its finances

Many in the arts community see the barbarian not only at the gate but inside the castle with his dirty mitts on the crown jewels.

are handled (mainly because of the accounting treatment of depreciation), is as good as being in the black as far as Ellis is concerned. Te Papa is only partly funded by the government, which contributes \$29 million to its annual revenue of \$51 million. The rest of the money mainly comes from commercial

revenue and sponsorship – and it’s this slice of the pie that Ellis is eager to grow.

As Te Papa renews its fixed exhibitions and does some “quite big chunky deferred maintenance”, Ellis is looking to provide more room for corporates to pay to use floor space for events and conferences. He’s also looking for the boat to come in with paying tourists. About 100 big cruise liners anchor in Wellington each year and Ellis wants the passengers’ cash. “What museums are doing all over the world very effectively is bundling back-of-house tours that they offer to the cruise ship visitors as a paid experience. So there is a completely untapped market.” The idea is to charge tourists about \$140 for a peek at what is hidden in Te Papa’s vaults.

And there’s more. “We have some of the highest levels of expertise around natural history, science and research, which we could package up and sell into international markets as part of a consultancy,” he enthuses. He even hopes to make more money from the cafe. “We have put unnecessary constraints on ourselves ... by blocking off external entry, which keeps customers away who might otherwise come in just to have a coffee and breakfast experience without going to the museum.”

THE BACKLASH BEGINS

So, more corporate events, more focus on the food and drink, more paying cruise ship passengers and closing down Te Papa Press – it’s hardly a recipe that will endear Ellis to the arts community. Indeed, the howls of anguish have begun. Wellington’s *Dominion Post* was first off the mark when Ellis was appointed, saying in an editorial he was an “odd choice”. The newspaper warned he was “on probation” and his performance would be “watched with a cool and sceptical eye”. Blogger Gordon Campbell wrote about the “crass commercialism of the national museum”, expressing concern that Ellis would be part of the problem rather than the solution.

Scepticism turned to anger with the proposal to suspend all publications at Te Papa Press for up to five years so the institution could “focus on core museum work”. Author Jill Trevelyan, whose book *Peter McLeavey: The Life and Times of a New Zealand Art Dealer* was published by Te Papa and won the New Zealand Post Book of the Year award in 2014, described the move as “extraordinarily ill-conceived”. Writer, curator and arts commentator Hamish Keith took to Twitter to call it a “great blow” to

the museum's credibility. Of Ellis, he asked: "What is it with these TV people that they so hate information?"

But Ellis is not a TV person. He's a CEO. And CEOs focus on core business. There are experiences to be bundled up and delivered on multiple platforms to inspire customers. There are visions to be had. He sees a marriage, he tells me, of the physical and the digital.

A MARRIAGE MADE IN WELLINGTON

It is not surprising that Ellis wants to put more emphasis on the digital side of the Te Papa experience. It was his big thing at TVNZ too. The mantra there was "Inspiring New Zealanders on Every Screen". Whether you were inspired by TVNZ when he was running it is a matter of personal taste, but you can't fault Ellis for knowing where the technical side of TV was going and driving hard towards it. There were successes and failures on the digital front. TVNZ 7, the news and information channel, was launched on his watch but later canned when the National Government couldn't bring itself to fund it in straitened financial times. And then there was TiVo, TVNZ's failed attempt at competing with MySky. The set-top box business was launched in 2009, but within two years TVNZ had taken a \$15 million hit after writing off all its value.

But Ellis certainly has passion and experience in this area and qualifies as a very early adopter. He was working in IT in Australia in the mid-1970s when computers were the stuff of science fiction to most people. "I started selling magnetic-striped ledger card accounting machines," he says. "I think I have been a digital native since I was 20."

Now, more than 40 years later, he's going big with digital at Te Papa. Just 3% of the museum's gigantic collection – everything from marine species to birds, flora and fauna – is on display at any one time. Te Papa has already got a comprehensive online collection with about 30,000 images downloadable for free, 17,000 of which have no copyright restrictions. Now Ellis wants to digitise the entire collection and "bundle that content up into both internet and digital mobile experiences". Marrying the physical with the digital is how he's fond of explaining it. In this spirit he's appointing a chief digital officer. Art will get the digital treatment too. "The key to our art is to rotate more frequently the collections that we have but also to enrich that experience again with story-telling." A rough

translation: expect to see more iPod-toting art patrons at a McCahon near you.

"I HAVE BEEN BLESSED"

Ellis has had an extraordinary career and he knows it. "I have been blessed" is how he puts it. He did a bachelor degree in commerce at the University of Auckland. Then it was Teachers College but not teaching. "I just decided that teaching the same stuff, year in year out, year in year out, is not really for me."

Fate came to the rescue. In the mid-1970s he and wife Sandy were travelling to Britain for their OE when they stopped in Brisbane to visit friends and decided to stay. Ellis got a job with computer company Burroughs (which merged with Sperry to create Unisys in 1986) and ending up working there for

"They're all just going: 'Wow, wow, wow.' To be in a place where you are creating happiness every day is kind of special."

a decade. He was set. Later he was headhunted by Wang Laboratories, which at its peak was a world leader in computers. He spent 11 years at Wang, winding up as UK managing director.

When he returned to New Zealand in the mid-1990s, his engagement with recruiters delivered a stark choice: head Ansett New Zealand or run a company that builds milking machines. "I must confess that the airline felt a lot sexier than milking cows," he says, although his father, a farmer, would have preferred him to have taken the dairy job.

He admits that today it would be much harder to launch from a BCom and a teaching qualification to amass the experience he has. Although best known for running TVNZ, he was also managing director of EDS and group executive at Telstra in Australia and has held numerous board directorships including at Radio New Zealand and Gullivers Travel.

"I think it is harder [today] in many respects ... because companies don't invest in the development of their leaders in the way that I was privileged to be invested in." For example, Burroughs put him in school six weeks a year for nearly 10 years.

"An ongoing journey of learning is more and more difficult nowadays. The world is moving so quickly that companies are finding it challenging to do that." He also sees from his children's experience – he has a 32-, 28- and 21-year-old – that things are harder. "We didn't leave university saying, 'Oh my God, I hope I am going to get a job.' We left university saying, 'Which job am I going to choose.'" Ellis has had those choices. So why did he choose Te Papa?

THE WOW FACTOR

He says he's always been a "big fan" of Te Papa and appears to find some symmetry in it opening a month after he began his first stint as TVNZ chief executive in February 1998. Now, five months into the job, he couldn't be happier. "I'm loving it. It's so much fun. Every day Te Papa is filled with young people and parents and grandparents and visitors from out of town or overseas and they're all just going: 'Wow, wow, wow.' To be in a place where you are creating happiness every day is kind of special."

And he has no regrets from his previous big role in New Zealand public life, heading TVNZ. Sure, there were the TiVo failure, the sacking of Paul Henry for saying the Governor-General didn't look like a New Zealander and for his toilet-humour jokes about an Indian politician's name. There was his own clanger at a select committee in 2007 when he listed *Police Ten 7* as one of the mainstream programmes TVNZ offered that had a Maori presence.

Some will say Ellis took TVNZ further down the path of crass commercialism, but he thinks it's still a proud institution. Do you watch TVNZ now, I ask, as our interview draws to a close. "I do," he replies. What do you watch? "What am I watching ..." he repeats my question, perhaps stalling for time. He does mention the 6pm news but doesn't name a single other programme on TVNZ, saying he watches quite a bit of Maori TV nowadays.

He remains loyal to TVNZ, though, and believes it has a future as long as it focuses on local content. "I am very proud of Television New Zealand and my time there. It's a venerable institution that, I think the research shows, the large majority of New Zealanders treasure and value and want to see retained in crown ownership." I ask him whether the legacy he left at TVNZ is similar to the one he wants to leave at Te Papa. "Absolutely," he says, "right up there in the most loved brand category." ■

Not all about a bird:
“‘H’ stands for a lot
of things, like Helen,
hawk, heart and
home.”



THE MEANING OF H

Loss is at the heart of best-seller *H for Hawk*, a title that “fell into my head”, says writer Helen Macdonald. **by**STEPHEN JEWELL

GETTY IMAGES

It's said that when you write a book, it becomes something that's almost alive, so it starts to resist and tell you what to do while you're writing it," says Helen Macdonald. "It does feel like this book has taken on its own life and is now doing its own thing with me."

The success of Macdonald's *H for Hawk* has surely surprised nobody more than the author herself. Originally published more than a year ago, her beguiling account of how she channelled her grief after the death of her father into training a young goshawk named Mabel became an unexpected best-seller and prize-winner. Admitting that she spent "a year and a half typing away on the book, stuffing my face with junk food", the Cambridge academic is now too busy appearing on Scandinavian chat shows alongside the likes of Ricky Gervais, Geri Halliwell and Kanye West to keep up with

**"Then my dad died ...
My world was broken
and I wanted to stitch it
back together again."**

her day job at the University of Cambridge's Department of History and Philosophy of Science.

Having previously written 2001 experimental poetry collection *Shaler's Fish* and the 2006 *Falcon* instalment of Reaktion Books' *Animal* series, Macdonald intended *H for Hawk* to be much more than merely a straightforward book about big birds. "I wanted there to not just be this singular voice, explaining the natural world to the readers," she says. "Then my dad died and I started writing for a very different reason. My world was broken and I wanted to stitch it back together again. I got the hawk for reasons that still make me laugh. I don't know how unconscious that decision was, but I just knew that was what I needed to do. I would write about it in my journals and it just went on from there."

THE LOSS IS THE THING

As much as she appreciates all the prestigious awards and critical acclaim, she finds the poignant tales that readers have told her about losing loved ones particularly

gratifying. "It's like those beasts in *Harry Potter* that you can only see if you've seen death," says Macdonald, referring to the thestral, skeletal winged horses depicted as harbingers of death in JK Rowling's novels. "Some people have thought the book's a little bit too much for them, but quite often they're people who haven't had any big losses yet. Because when it happens to you, it can really poleaxe you for a very long time."

companionship in her time of need, Macdonald insists that a pet hawk is more like a wilful cat than a faithful dog. "They're very self-possessed and you can't tell them what to do," she says. "You have to ask them if they'll do something and they'll do it if they want to. They don't exist to try to please people; they exist to please themselves and that's partly why I wanted to be with a hawk after my dad died."

Macdonald found solace not only in her



A photojournalist for the *Daily Mirror* and *Today* newspapers, her father, Alisdair Macdonald, died in 2007 from a heart attack. Although she believes her bereavement is "one of those intensely private experiences that everyone has to go through", Macdonald says *H For Hawk* has especially struck a chord with readers who have recently lost a family member. "At the heart of the book is a big loss, a sudden absence," she says. "What do you do when that happens to you? Because everybody goes slightly off the rails and tries to fix what's happened with something or other. But of course, you can't fix it. You have to wait and be patient and then it slowly becomes bearable."

With Mabel having provided some vital

burgeoning relationship with Mabel but also in the work of English author TH White, best known for his *The Once and Future King* sequence of Arthurian novels. However, it was 1951's *The Goshawk* – which chronicles White's often-disastrous attempts to tame his own goshawk, Gos – that drew Macdonald in. "The book wasn't originally meant to have quite so much TH White in it," she says. "He was always going to be in it because I first read *The Goshawk* when I was very small, so part of me thought, 'That's what you do when you're broken, you run away and you get a goshawk.'"

"Some childish part of me was emulating him and I did read his book a lot when I was training Mabel. But it wasn't until I

went to the University of Texas and looked through all his unpublished manuscripts and journals that I started to get this really strange feeling that he was haunting me. I was very moved by his story, although he was a difficult man, so I'm still very conflicted about writing about him. But I felt enormously compassionate about his childhood because he had such a rotten time, and then I thought that I had to put more of him in there."

happening just how mythological that story was. It was only later that you realise that it's pretty much a classic story arc."

Macdonald, who grew up in Surrey, southwest of London, recalls her early interest in goshawks. "I was always terrified by them, but," she says. "People often ask me, 'What is it about hawks?', but I sort of shrug and say, 'I don't know'. But it's like these ancient stories have just lived on within us."

Macdonald would exercise Mabel in the

kinds of habitat that hawks would normally be flying in. So they've got much shorter wings than most falcons and much longer tails, which are very good for woodland and enclosed spaces. They're like these strange falcons that are pretending to be goshawks. They have quite fierce tempers too – there are all these stories about them buzzing people when they go near their nests."

OUT OF THIN AIR

Revealing that it "just fell into my head one day", *H for Hawk's* deceptively simple title has several meanings. "Obviously, 'H' stands for a lot of things, like Helen, hawk, heart and home, and of course there's TH White. It seemed right as the book is about learning from scratch again after your world changes. Everyone gets orphaned sooner or later and I was very lucky to have my father. He was a nice father and a good friend of mine.

"It's like learning to read or growing up all over again and that's what I wanted to capture with the name of the book." She says the book is like a way of thanking

"I thought hawks were the most beautiful things the world had made, and I still do."

her father and properly saying goodbye to him.

But his is not the only death that hangs over *H For Hawk*, as Mabel is also no longer with her. "I flew her for a few more years, but then my circumstances changed and I loaned her to a very experienced falconer in Cheshire. But, alas, she died suddenly one night of a fungal infection.

"I was in pieces when it happened as she was only six years old, which is ridiculously young for a hawk. But it was just one of those freak occurrences that can happen sometimes. I got an email from the falconer saying that 'she was the softest goshawk he had ever known', and then in brackets, 'unless you were a rabbit!', which was a wonderful tribute." ■

Helen Macdonald appears at the Auckland Writers Festival on May 16, the Dunedin Writers and Readers Festival on May 8 and Word Christchurch on May 12. For details, see writersfestival.co.nz; wordchristchurch.co.nz; dunedinwritersfestival.co.nz



Hawk eye: clockwise from left, feeding time for northern goshawk chicks; Helen Macdonald and a chick; holding a gyrfalcon; with her father in 1975; Macdonald and Mabel.

HAWKS IN FOLKLORE

Noting how hawks are often perceived as avatar-like messenger figures, Macdonald also explores the hawk's significant role in folklore. "These stories about birds of prey have been told across cultures for millennia and so many of them seem to cast the birds as something to do with the human soul. Often they're the souls of people who have died, or unborn children.

"There's almost a shamanic sense to many of the journeys they take, as shamans used to use falcons to fly to the other side. But of course, when I was writing the book, I was just writing about what had happened to me and it didn't strike me quite as clearly when it was

forests and fenlands of nearby East Anglia. She is interested in how the landscape helps shape our ideas about who we are. "With Cambridge, it's not so much the college or the collegiate atmosphere but the countryside around it that's very special," she says. "It's not the world's most beautiful landscape, as it's not dramatic or very wild. But going out there every day with my hawk and watching her fly made it the wildest place on Earth. That was a very important lesson, in that you can find wildness anywhere."

Macdonald, who will visit this country in May for writers festival events, is impressed by our "quite bad-ass harrier" hawk. She notes the New Zealand falcon "has evolved very differently to take advantage of the

ABSOLUTELY STRENUOUS

There's a certain mystery to actor Rebecca Vaughan's taking on of multiple characters for her high-octane one-woman shows. **by DIANA WICHTEL**

‘What a lark! What a plunge!” thinks Clarissa Dalloway as she walks out of her Westminster house into the teeming streets of London.

“... what a morning – fresh as if issued to children on a beach”.

Mrs Dalloway. Virginia Woolf's modernist masterpiece opens with the prospect of a party. Clarissa, wife of tepidly successful MP Richard Dalloway, famously decides to buy the flowers herself. The novel stalks her through a day as she prepares to receive the great, the good, the preposterous: “... they knew the most appalling bores in Europe”.

By the end of the evening, some pertinent existential questions – “What is this terror? What is this ecstasy?” – will be valiantly posed, if not definitively answered. Clarissa, privileged, inconsequential, will be tethered by the fine filaments of the interconnectedness Woolf saw in things to a clutch of other characters: the rejected suitor of her youth, Peter Walsh; Sally Seton, the woman she once ecstatically kissed; a mad woman in the street. And to a suicidal, shell-shocked soldier – this is 1923 – Septimus Warren Smith.

In *Mrs Dalloway*, the movie, Clarissa was played by Vanessa Redgrave wearing a giant hat and an unnerving smile. For the Auckland Writers Festival, she'll be played by British actor Rebecca Vaughan, as will everyone else in Vaughan's acclaimed show, *Dalloway*. Seventeen characters: Vaughan isn't just throwing the party, she

is the party. “Yes,” she hoots, “especially when we actually get to the party. Then, I really am everyone. It's insane! It's proper schizophrenia.”

“Insane!” proves to be one of Vaughan's



**17 characters:
Vaughan isn't
just throwing
the party, she
is the party.**

favourite words. And “Absolutely!”

Vaughan was here last year, doing *Austen's Women*. She played a mere 13 of Jane Austen's female characters and it was insane. Vaughan was, in fact, briefly off her head. “I was on horse pills, basically.” She was recovering from an accident.

“Quite a bad car accident. I had broken ribs and a broken hand.” The exquisite torment of artistic endeavour became a little too literal. “I discovered that when you start using your diaphragm to project, you really have to open your ribs up and it was extremely painful.”

In her line of work – she's acted in television and film, but one-woman shows are her specialty – there's no understudy. Thus the horse pills. “I had to take them at a certain point beforehand so I could get used to the strange buzzy feeling while they were hitting.” For her first performance of *Austen's Women*, she got the timing wrong. There she was, working without a net when the drugs kicked in. “I was in a bit of pain for about the first 10 minutes and then suddenly, out of nowhere, I felt like a train had hit me. It was just like ‘Whoa’.” She had a sort of momentary blackout. “I came to going, ‘Where am I? Oh gosh, I'm on stage.’”

We've had Jane Austen women as sexy minxes. We haven't had one stoned. “Very luckily, I was in a character that was all over the place anyway, so it kind of worked,” says Vaughan stoutly. “You just have to get on with it. The classic cliché of the show must go on.” What a trouper. Lizzie Bennet would be proud. “I'm hoping, touch wood, I won't be ever quite



Author Virginia Woolf;
opposite, Rebecca Vaughan
as Clarissa Dalloway.

GETTY IMAGES

placed in that strange position again.” She also says “touch wood” a lot.

MAD, IN A GOOD WAY

You don’t really have to ask how she does it. Even in an interview, Vaughan is a high-octane one-woman show. Her voice swoops from its default setting of perpetually astonished gusto – “Oh my gosh!” – to, when she talks about bringing out the gothic darkness in *Jane Eyre* for a new show she’s working on, a darkly gothic stage whisper. The 17 characters she does in *Dalloway* should be a walk in Regent’s Park.

In a way, the novel’s stream of consciousness method was made for a one-woman show. “Absolutely. It’s so brilliantly modernist and delicate and dense. You feel like you know these people because you know them from the inside out. The way Woolf moves from Clarissa’s thoughts into Peter Walsh’s thoughts and then Peter Walsh sees Septimus and you go into Septimus’s head ... A lot of it was already there.”

Vaughan dramatised *Austen’s Women* herself. *Dalloway* was adapted by her partner in life and art – they have their own company, Dyad Productions – Elton Townend Jones. “He’s done such a beautiful job, so it’s a real honour for me to prance around the stage and do it.”

They’ve collaborated on six projects. *Dalloway* is the first time he’s directed her. “We know each other so well we didn’t know if it would work with him directing me. Actually, it’s probably been the most fulfilling and satisfying project I’ve ever worked on.” They both like things to be very specific, she says. “I think in the past I’ve probably driven some directors mad because I like to fill everything out and make everything rich. I hate actors just standing there on stage. I love everything to be *full*.” Jones knew what he was in for and Vaughan’s sold on working with him. “I’m like, ‘Right, that’s it. You’re going to direct me all the time.’”

As for how she gets herself into all these characters – she doesn’t. They get into her, from the inside out. “I feel them in my bones. I can feel Peter Walsh. I can feel his jaw and his pelvis. I feel very close to them all. I’ve got an entire strange novel in my head.”

There remains a certain mystery to this process. “There’s a beautiful moment – you never know when it’s going to come. Sometimes it doesn’t come in rehearsals

and it comes in the first couple of shows. That’s always a little terrifying,” she says. “For this one, it probably came in the second preview. Suddenly you go, ‘Oh my gosh, I’ve got all these characters. They’re there in me and I can feel them’, and it’s very exciting because you’re not inventing them, they’re working through you.” It sounds a little like waiting for the drugs to hit.

“It’s a kind of performance art,” she

Septimus throws himself from a window. So did Woolf, during that breakdown, though not as high a one as Septimus. “Astonishingly, I only recently discovered that Clarissa is actually based on a friend of Virginia Woolf’s, a socialite who threw herself off a banister. It wasn’t [the done thing] in polite society to talk about the fact that she killed herself. It was an accident, of course.”

In 1941, Virginia Woolf left letters for



“I feel them in my bones. I feel very close to them all.”

says, of turning literature into a play. “We’ve got beautiful lighting design for the show and a soundscape to really build up this world that Clarissa creates and do some quite modernist and expressionistic things with it.” One of the challenges: to convey the state of mind of the traumatised Septimus. “To get the audience to understand the madness in his head, really.”

The madness. Septimus hears the birds speak in Greek. So did Virginia Woolf, during a breakdown after the death of her father. “She lay in bed listening to the birds singing in Greek,” writes her nephew Quentin Bell, “and imagining King Edward VII lurked in the azaleas using the foulest possible language.”

her husband, Leonard Woolf, and her sister, Vanessa Bell, put stones into the pockets of her coat and walked into the River Ouse. “Clarissa was going to kill herself. That was how the novel was going to end,” says Vaughan. Instead, Woolf created a damaged double, Septimus. “In the middle of my party, here’s death.”

SUBVERSIVELY FUNNY

Clarissa: she’s spoilt, oblivious to the horrors that send her husband off to important meetings. “Hunted out of existence, maimed, frozen ... no, she could feel nothing for the Albanians, or was it the Armenians? But she loved her roses.”

She’s not always a sympathetic character. “We talked about this a lot. We didn’t

want to shy away from Clarissa being unlikeable at times," says Vaughan. "Clarissa is massively flawed."

She's also, in her way, an artist: "... she, too, was going that very night to kindle and illuminate; to give her party", she muses. "Absolutely," says Vaughan. "Clarissa says this herself. 'Here's so and so in South Kensington, somebody up in Bayswater and somebody else in Mayfair. What a waste. I bring them together. It's

Not that she has a favourite child when it comes to her plays. Or if she does, it's the one she's one doing right now. "I feel quite blessed that I can move between a beautiful modernist piece of work and Austen and loads of other shows as well."

Mrs Dalloway remains, even now, a little startling. Clarissa sees Septimus's suicide as a sort of triumph. "She felt glad that he had done it; thrown it away. The clock was striking." What, in the end, did her

they're being told don't have women represented as much as men. So in my own very tiny, minuscule way, I'm able to start redressing that balance."

Women's voices feature in one of Vaughan's anecdotes about the perils of life on the stage. They were a mother and daughter, sitting in the very front row in a very small venue. "Right from the get-go they were both on their mobile phones and talking to each other." They set off a Mexican wave of shushing that threatened to derail the show. "What I wanted to say to them was, 'Why don't you just go, if you're not having a nice time? Just go.'"

Of course she's far too nice to do that. "I was back at that theatre two months later with a different show and who's there right in the middle again but the same mother and daughter! As the lights come up, they're both on their phones." At least they're unlikely to follow her to New Zealand. Touch wood.

ANYTHING CAN HAPPEN

Vaughan is clearly a force of nature, more than equal to anything rude punters or horse pills can throw at her. She's been an actor for 15 years and doing her solo shows for five. "There's something really magical about going back to the idea of sitting in a dark room and hearing a story told. Having no fourth wall. I can see the whites of the audience's eyes as well. It's very exciting. It's beguiling."

She was in Edinburgh last August doing the festival. "I was in a ladies' loo washing my hands and I looked at the woman next to me; I was recognising her. I [said], 'Oh gosh, yes, you were in the show today.' And she said, 'How do you know?' I said, 'I looked at you for an hour', and she said, 'I looked at *you* for an hour.' I just thought, 'Yes, that's exactly it.'"

A sort of thread of connection between strangers – that's very *Mrs Dalloway*. "It really is. It makes you appreciate that kind of communion you have when you go to a theatre. It's not like going to the cinema. It's live. Anything can happen." What a plunge, in other words. What a lark. "It's insane," says Vaughan. "It's magic." ■

Rebecca Vaughan performs Dalloway at the Auckland Writers Festival from May 14-17 and at the Dunedin Writers and Readers Festival from May 8-10. For details, see writersfestival.co.nz; dunedinwritersfestival.co.nz



From left: Vaughan as Elizabeth I and Jane Austen and in costume for *Female Gothic*; Lizzie Wort played Marilyn Monroe in another of Dyad Productions' one-woman shows, *The Unremarkable Death of Marilyn Monroe*.



my gift. I have nothing else."

Lord knows artists aren't always likeable. Woolf could be a bit of a bitch, in life and art. See *Mrs Dalloway*'s frumpy, joylessly religious Miss Kilman, failing to suppress her carnal appetites as she greedily tucks into an éclair while coveting her neighbour's pink cake at tea. That made it into *Dalloway*. "We love that scene – the eating of the éclair!"

Mrs Dalloway can be subversively funny. "One couldn't laugh at him," thinks Clarissa regretfully when the Prime Minister makes his entrance at her party. "I think it's subversive in lots of ways," says Vaughan. Indeed, the class system, sexists and doctors who force the soul don't come out of it well. After Austen, Vaughan found Woolf's less socially ossified 1920s liberating. "You don't have those rich internal lives necessarily with Austen – talk of past loves, talk of suicide, talk of regrets and the minutiae of life and the nothingness."

impersonator make of Clarissa? "Oh, it's hard to say. I feel like you're going to have to come and see it."

She will say she sees the ageing Clarissa as still a work in progress. "What you're watching in the course of this day, in the course of this novel, is a transformation. She sees the error of her ways, the error of her own ridiculousness. She's been *Mrs Dalloway* rather than Clarissa. She's been the hostess." Then life, death, the past turn up at her party. "And by turning back she can find her own life again."

Vaughan has played Elizabeth I. She created a show called *Female Gothic*, featuring little-known stories of the macabre written by women. There's *Jane Eyre* coming up. Dyad Productions is clearly into female voices. "In Britain, women often make up two-thirds of the audience. It's often women who bring their partners along. Clearly this idea of sitting in a theatre is something women are very interested in. And yet often the stories

ThisLife



HEALTH

by Nicky Pellegrino

Horseplay helps

For the anxious, the lonely and even troubled kids, animals can be therapeutic.

Auckland psychotherapist Sarah Hamilton has long known her hobby has therapeutic benefits. Hanging out with her horses is her preferred way of switching off from the stress of a demanding job treating people who are struggling with anxiety and depression.

Five years ago, Hamilton began to wonder about the benefits of combining her passion with her work. "I was out riding with a friend and talking about how amazing it would be to incorporate horses into psychotherapy," she says. "When I got home, I did some internet research and discovered there were people already doing it."

After travelling to Melbourne to train with the Equine Assisted Growth and Learning Association, Hamilton began suggesting to clients that they might want to try this new approach.

"I began with a teenage girl with tremendously bad anxiety problems. She wasn't comfortable in a face-to-face setting as it can feel very intense for some people, but when we started working with the horses, the difference in her was like night and day. People stroke a horse and start to talk and they'll say things they might not disclose in an office setting. With younger children, often I get them to tell things to the horse."

Hamilton is now expanding her equine-assisted therapy. She finds it an excellent assessment tool and it can help clients towards greater insights. But perhaps most excitingly, it is a route to reaching troubled kids who are often jaded by previous contact with therapists or social workers.

"Suddenly there's this animal presence and it



touches them in a way humans can't. It's difficult to know what to pin it on but there is science around the large animal and its slow heartbeat. Its presence is reassuring and soothing for some people. They get a reduction in blood pressure and stress cortisol and it makes them more receptive when we start talking."

"When we started working with horses, the difference in her was like night and day."

Highly social mammals such as humans, horses and dogs need contact with each other for their neural health. The sensitive limbic area of the brain is involved and it is remarkably similar in humans and other mammals. Our need to turn to one another for reassurance and comfort crosses the species boundary and goes some way towards explaining the healing potential of animals for humans.

As most pet owners will tell you, having a bond with a companion animal is highly beneficial. Increasingly medical science is backing them up. Simply patting an animal can

NUTRITION

Don't assume that frozen food is by definition second best

36



TECHNOLOGY

Broadcasters' efforts to nip overseas video streaming in the bud are doomed

38



FOOD

Perfect puff pastry is a glorious many-layered creation

42



reduce a person's blood pressure and increase levels of brain chemicals such as dopamine and oxytocin that are believed to enhance feelings of well-being and relaxation. Research has shown pet owners have lower levels of cholesterol and triglycerides, decreasing the risk of a heart attack.

A 2013 study conducted by psychologists at Miami University and Saint Louis University concluded that "everyday people" were more physically fit, less fearful and less lonely and had higher self-esteem when they were pet owners.

A subsequent study revealed autistic children with any kind of pet living in the home had stronger social skills and were more assertive about engaging with others. And therapy dogs used in medical and dental surgeries have lowered behavioural distress in young children.

The power of animals seems especially strong when it comes to older people. Alzheimer's patients living in special care units have been shown to be less agitated when dogs are present. Even a robot animal made a difference to rest home residents who took part in a University of Auckland study. Researchers found interacting with a robot seal, called Paro, significantly lowered blood pressure and decreased heart rate.

A new Auckland rest home, Kumeu Village, is going a step further. So far residents have been joined by a goat, two miniature horses, two parrots and five cats and a labrador is coming soon.

"We're adopting a philosophy called the Eden Alternative," says co-owner and manager Belinda Richardson. "It involves bringing children, plants and animals into the daily life of the residents."

The Eden Alternative is an initiative to improve the well-being of elderly people in care and eliminate loneliness, helplessness and boredom. At Kumeu Village, residents are allowed to keep pets. Cats live in their owners' bedrooms, parrots hang out in reception and the miniature horses do the rounds visiting those in hospital care. Among the staff are two "life enhancers" who tend to the animals and help residents interact with them.

Kumeu Village has been open only a short while, but already it is seeing the difference its approach is making. "It has all kinds of benefits," says Richardson. "There's the enjoyment and stimulation of helping to look after the animals. It's good for the fitness of the residents because it gets them outside doing things. And there's the giving and receiving of love, which is something you don't get in all rest homes.

"We've got some chickens coming soon, so there will be an egg-collecting group. And we've been teaching the parrots to talk." ■

HEALTH BRIEFS

FAT'S SLIPPERY SLOPE

Five days of eating fatty foods can alter the way muscle tissue processes nutrients. A Virginia Tech College study is the first to show such rapid change from normal metabolism. Healthy students were fed a diet heavy in cheese, butter, sausages and biscuits that was 55% fat – a normal diet is about 30% – which in a short time disrupted their muscles' ability to oxidise glucose. This could lead to an inability to respond to insulin, a risk factor for diabetes and other diseases.

HEARTACHE RAISES RISK

Divorced women are at a higher risk of heart attacks than women who are continuously married, and two or more divorces nearly doubles the risk. Even those who remarried after the stress of divorce continued to have an elevated risk, according to a new study published in the journal of the American Heart Association. Remarried men fared better, experiencing the same risk as men married continuously to one partner.

TANGO WITH PARKINSON'S

Dancing the tango could have benefits for people at certain stages in the development of Parkinson's disease. Canadian researchers found Argentine tango particularly useful for improving patients' balance and mobility, since it requires specific steps that involve rhythmically walking forwards and backwards. Tango classes' music and social interaction also lifted mood, according to the Parkinson Society Canada-supported study.





NUTRITION

by Donna Fleming

Easy-freezy

You may think frozen veges are the lesser option, but they can be better than fresh.

A former colleague used to roll his eyes over the origins of his wife's culinary skills. "She owes them to Mr Birdseye and the man who invented the deep freezer," he'd say.

It was German engineer Carl von Linde who, in 1876, came up with the technology that allows us to freeze food, but taxidermist-turned-fur-trader Clarence Birdseye is considered the father of the frozen-food industry. He pioneered the method of quick-freezing food in the early 1900s after spending time ice fishing with the Inuit people in Canada and noticing that fish that froze as soon as they were caught due to sub-zero temperatures tasted great when they were thawed months later. The first frozen-fish company he founded went bankrupt in 1924 due to lack of consumer interest, but he persevered, and today we can thank him for fish fingers and other frozen staples.

Of course, for frozen foods to stay viable, we needed to be able to keep them on ice, and when the first commercial freezers were manufactured in the 1920s, they forever changed the lives of home cooks the world over, including my workmate's wife, who used to reheat frozen for dinner every night of the week.

As convenient as it is, frozen food is often considered second-rate compared with fresh. Frozen ready-made meals can be on a par with other processed, pre-packaged foods – high in kilojoules, fat, sodium and preservatives. But not all heat-and-eat



Levels of vitamin C and polyphenols in blueberries and green beans were much higher when they were frozen.

meals are created equal, so it pays to read the label. Meals with less than 800mg of sodium, 20g of fat and 2500kJ of energy are considered preferable from a health perspective.

But when it comes to healthier foods such as fruit and vegetables, frozen can be just as good for us as fresh. In fact, studies have shown that some frozen fruit and veges can contain higher levels of vitamins and antioxidants. That's because they're flash-frozen soon after harvest, which means they retain their nutrients, while food sold "fresh" may actually have been in storage for weeks, sitting around for days in the supermarket and languishing at your place before being eaten, their healthy compounds being depleted all the while.

Two teams of British researchers who carried out 40 tests comparing the nutritional value of fresh fruit and vegetables with that of frozen foods found that newly picked produce, not surprisingly, has the most nutrients. However, a team from the UK's Leatherhead Food Research found that frozen broccoli had higher levels of vitamin C and four times as much beta-carotene, although the fresh version contained more polyphenols – compounds that play a part in preventing degenerative diseases including cancer. Frozen carrots contained twice as much beta-carotene as fresh ones, and frozen brussels sprouts scored highly when it came to all the nutrients measured. However, fresh spinach contained more nutrients than frozen.

Another study, from Chester University in the UK, found that levels of vitamin C and polyphenols in blueberries and green beans were much higher when they were frozen than when they were fresh. The nutrients in raspberries and peas were about the same regardless.

Freezers really come into their own for storing healthy home-cooked dishes and foods bought in bulk or harvested from your garden. However, it's

a waste of time putting salad greens, cucumber, celery and other vegetables with a high water content on ice – they'll just end up limp, soggy and tasteless when thawed. Juicy fruits such as apples and watermelon also turn to mush when defrosted.

And never put eggs in the freezer. If they're cooked, the whites will go tough and rubbery, and if they're raw, prepare for an explosion and a smelly mess when the liquid inside expands, hardens and cracks the shell. ■



iEat

Mike Puru

Overhauling his diet – including saying no to takeaways – has helped The Edge breakfast radio co-host and *The Bachelor NZ* host Mike Puru lose 18kg in the past 18 months.

What part of adopting a healthier eating regime has been the most difficult? I found it hard to adapt to water as my drink of choice as it's just so boring, but the whole "no takeaway" thing and eating fresh foods is actually quite easy, affordable and yummy. Seeing the results made me wonder why I didn't do it earlier in life.

What are your go-to foods? I have salad – avocado, rocket leaves, capsicum and tomato – and a piece of steak or chicken. Kumara is a great addition when I'm looking at having some good carbs. It's by no means a scientific diet but it does help me manage my weight. I blow it all sometimes with a wine, though.

Growing up in Gore food was ... often home-grown. There were no McDonald's or KFCs – just the legendary pie cart. Our family did well growing potatoes and peas and we usually had a couple of pigs, or beef and lamb, from our little farmlet that the local butcher took care of.

My favourite childhood food memory is ... soup cooked on the pot-belly stove. The power would sometimes be out for days due to snow, so Mum would chuck everything in a huge pot that would be kept hot and, weirdly, never seemed to empty – although we would all eat it.

My typical breakfast is ... coffee, and sometimes a banana.

Starting work at 4.30am means ... eating a lunch of salad with shredded chicken at 10.30am and another lunch at 1.30pm. My partner (who also starts at 4am) and I hardly ever go out for dinner as we need to eat at about 5.30pm, when most of our friends are still stuck in traffic.

I hardly snack ... but when I do, I eat grapes – I love them.

Do *The Bachelor* contestants turn to comfort food when their housemates go on dates? I quite often hear

them discussing chocolate runs, to replenish supplies. They mostly eat healthy food that they cook themselves, so chocolate's certainly a treat they deserve.

What's the bravest meal you've eaten? Horse semen fused with apple. It was part of an on-air dare promoting the Hokitika Wild Food Festival. It was actually okay – just the thought of it was off-putting.

– Fleur Guthrie





TECHNOLOGY

by Peter Griffin

Stream age daydream

Efforts to block overseas video streaming services are doomed to fail.

If you didn't know what Global Mode was a month ago, you almost certainly do now. The service, offered by a handful of internet providers including Slingshot and Orcon, helps thousands of Kiwis easily access web content that "geoblocking" puts out of reach. Global Mode gets around technology that lets copyright holders impose regional content restrictions so they can sell their TV shows and movies in different countries separately.

The sudden glut of on-demand video streaming from Netflix, Neon, Lightbox and Quickflix has given us numerous legal options to access content for fees starting at \$10 a month. But it has also highlighted the futility of this outmoded system of geographical content rights sales.

Netflix is a particularly striking example. Arriving with much fanfare on every device from tablets

to smart TVs last month, it quickly established itself as the best value-for-money video streaming option in the market. But Netflix's New Zealand content library is a fraction of the size of its US one – an estimated 1200 titles versus about 8500.

The rights to show the missing content in New Zealand have been bought by Netflix's rivals – Sky TV, free-to-air broadcasters and other streamers. Netflix New Zealand is even blocked from streaming *House of Cards*, a show the company owns and produced, because it previously sold the rights to a local broadcaster.

Global Mode, which is offered free as part of some broadband plans, renders all that complicated deal-making irrelevant, allowing canny subscribers to appear to Netflix as though they're in the US. At the time of writing, CallPlus, which owns Slingshot and Orcon and late last month was sold to Australian internet provider M2, remained defiant in the face of legal threats from Sky TV, MediaWorks, TVNZ and Spark, which want Global Mode shut down for allegedly breaching copyright law.

It remains to be seen whether the Aussies have the stomach for a fight. Sky and its allies have deep pockets, and legal opinion is divided over whether marketing and using Global Mode breaches the Copyright Act.

Even if Global Mode is crushed, numerous alternatives – virtual private networks (VPNs), for instance – do the same thing, although with a bit more fiddling. Netflix, BBC iPlayer, Hulu, Tidal – these are some of the streaming services I enjoy using a cheap VPN service to disguise my location.

New Zealand broadcasters might depend on having exclusive rights to certain movies and TV shows, but the reality is the internet is borderless and people are increasingly roaming cyberspace to get the content they want, when they want it.

Don't expect Netflix to cut off Global Mode or VPN users any time soon. After all, these subscribers are

Don't expect Netflix to cut off Global Mode users any time soon. After all, they are paying it good money.

paying good money for its streaming service, rather than watching pirated content from file-sharing networks. Netflix wants to overcome the traditional distribution system by securing global content rights.

"The VPN thing is a small little asterisk compared with piracy," Netflix's UK chief executive, Reed Hastings, said last month. "Piracy is really the problem around the world."

Nor will you hear much fuss from US TV networks and movie studios about services such as Global Mode, because they know the alternative is unfettered piracy.

So how can New Zealand broadcasters respond to internet giants such as Netflix scooping up global rights to great shows? They need to get serious about offering high-quality local content, rather than just replaying overseas shows.

They should partner with global streaming players to offer a great service tailored to Kiwi appetites. In other words, they should stop trying to hold back the flood, adapt to the reality of the internet and meet consumer demand. ■





PSYCHOLOGY

by Marc Wilson

Psychos in the city

Psychopaths don't just spring out of the shadows – they have day jobs too.

We like James Bond, don't we? Icy calm in the face of crotch-level laser beams, able to dissemble with a straight face and with a history of serial monogamy that shows him to be largely immune to the perils of long-term romantic attachment.

Of course, this doesn't just describe Agent 007. It also captures Patrick Bateman, the protagonist in *American Psycho*, Brett Easton Ellis's 1991 metaphorical tale of consumption-fuelled serial killers during the yuppie excesses of the pre-crash 1980s. Funny how the same characteristics can look positive or negative depending on the context.

On average, commerce students are more psychopathic than their humanities and sciences peers.

Okay, so I've oversimplified somewhat. Bond plies his trade in Her Majesty's Secret Service and, one presumes, in defence of the free world. Bateman, portrayed on the big screen by Christian Bale, "works" solely in service of his own satisfaction. Of course, Bateman is an investment

banker, so to some extent what makes him money also makes money for his employer and the social and economic stratum he occupies.

As the novel's title suggests, Patrick Bateman is a psychopath. There are more than enough web pages devoted to describing psychopathy, but very quickly, in its classical form psychopathy is a syndrome of traits and behaviours, including failure to learn from prior reinforcement (read: continuing to do stuff that isn't in your interest despite the negative consequences), deficits in empathising with the emotional experiences of others (not giving a damn what other people feel), and a remarkably flexible approach to adhering to social conventions (they do what they want).

In fact, what we think of now as psychopathy has as its intellectual ancestor the diagnosis of "moral insanity", a term coined in the early 1800s but nicely capturing the idea that a core part of psychopathy is this perverted abstinence from social expectations of right and wrong.

A lot of interest in psychopathy occurs, not surprisingly, in criminal contexts. In New Zealand, as in other Western countries, it's incontrovertibly the case that most crime is perpetrated by a minority of the criminal community, and this minority is considerably more likely to display psychopathy.

If you want another good psychopathic case study, head to your local DVD store and rent *The Iceman*. Patrick Bateman might be a fictional creation, but the "Iceman" killer, Richard Kuklinski, is the real – and very scary – deal. By understanding criminal psychopathy and working out how to rehabilitate people who show these traits, we can potentially make the world a much better place.

Relatively recently, the spotlight has shifted. The book *Snakes in Suits: When Psychopaths Go to Work*, by Paul Babiak and Robert Hare, mirrored *American Psycho* (written 15 years earlier) by focusing on the scary prospect that one need not head over to Rimutaka Prison to meet a psychopath, but rather just take a walk into the CBD to the world of the organisational psychopath.

Just as the criminal underworld invites entry to the psychopaths among us, some organisations are also fertile ground, particularly those that incentivise, however inadvertently, psychopathic conduct. The usual case study for this is failed energy company Enron, which by the end had become a dog-eat-dog outfit in which underhand dealings became the norm. And this makes sense, because getting ahead of your neighbour and grabbing the goodies excites a typical psychopath. Some contexts are seen as more goody-proffering than others – commerce, for example. In fact, in today's New Zealand, there is evidence that, on average, people who go to university to study commerce are more psychopathic than their peers in the group-huggy humanities or geeky sciences.

Which I think is quite funny. I can just picture a young Patrick Bateman studying the art of money-making in an ivory tower and rubbing his hands together at the prospect of low-risk millions with nary a prison cell in sight. ■



GETTY IMAGES



MONEY

The hitchhiker's guide to solar systems

Photovoltaic panels lower the power bill, but do they stack up economically?

Nearly 80% of New Zealand's electricity came from renewable sources last year. Hydro-electricity accounted for 56%, geothermal energy 16%, wind power 6% and solar less than 1%. Among the developed economies, only Norway comes close to that total, at a bit above 60%.

Nor do we have a shortage of power stations. Growth in electricity demand has stalled in the past five years. Electricity has become expensive enough that both households and businesses have been switching off, using more energy-efficient devices and changing to alternative energy sources.

And over the whole sector hangs the potential closure of the Rio Tinto-controlled aluminium smelter at Bluff, which uses a seventh of all the electricity generated in New Zealand. If the smelter goes, the electricity glut will take years to clear.

If and when that happens, there will be two main effects. There will be pressure for electricity prices to fall, and in response to that, power companies will close high-cost power stations that use natural gas and coal, pushing New Zealand's proportion of renewably generated electricity even higher than it is today – a good thing for carbon emissions.

Roughly speaking, it costs 8-10 cents per kilowatt-hour – a standard unit of electrical energy – to produce electricity from a geothermal or wind power station. This number shouldn't change much in coming years unless



People who spend on solar panels may not be so happy if grid-derived electricity prices fall.

the technology improves.

Now consider the cost of electricity from the best sun-powered photovoltaic systems available on the market today: around 26c per kilowatt-hour – more than two to three times the price of geothermal and wind power.

That being so, how can it possibly be that New Zealanders are being offered rooftop solar power installations that their promoters say will save them money?

Simple: most of your power bill has nothing to do with the cost of electricity production and everything to do with the cost of providing the

wires that bring electricity to your house – the national grid and the local electricity lines network.

Those wire costs add about 20c to a unit of electricity, to produce a national average cost of 28c a unit, according to the most recent Energy Data File from the Ministry of Business, Innovation and Employment.

That 20c a unit cost difference – greater in areas such as Northland and Otago where electricity costs 30c a unit or more – is what's starting to make home-generated solar power a viable alternative to old-fashioned electricity off the grid.

However, photovoltaic arrays are costly, at \$10,000-plus for a no-fuss installation and more if your roof needs strengthening to support its weight. That up-front cost has been a major turn-off for many who like the idea of generating their own solar power.

Photovoltaic-system specialists are starting to close that gap. Auckland network company Vector has been offering installations for an up-front





payment of \$2495 on a 2kW solar kit – 3kW would be more common for a family home – and a \$50 monthly charge in a 10-year lease-to-own deal. Genesis Energy also offers a photovoltaic system, although its website doesn't push it.

Now, however, an even more compelling offer has been launched. Nelson-based Solarcity says it can install a photovoltaic array on a householder's roof for no up-front cost at all, on a 20-year deal to pay a little under the going rate for electricity off the grid. Solarcity's website puts that rate at 26c a unit, about 2c a unit less than the national average price.

Based on the industry average for household electricity usage of 8000 units a year, the \$2240 (pre-GST) annual power bill would be reduced by \$160 a year if every unit of power used by the household came from the solar unit. But here's the rub: it won't. Solar energy can be generated only during daylight hours and assuming

no heavy cloud cover. In the absence of affordable battery technology, solar energy can't be stored. It has to be used when it's produced.

For early morning and evening electricity – the peak times of household use – households will need to maintain a grid connection and pay for their juice at the going rate from their power company.

In winter, it gets worse. There are fewer daylight hours and heating costs are higher.

Solarcity, which has more than 6000 photovoltaic installations under its belt nationwide, recognises this. It suggests annual savings from its zero-deposit scheme will be \$72 a year compared with “normal” power bills – or slightly less than half the \$160 theoretical savings if solar power was continuously available.

“This typically equates to 40% of total power consumption,” says Solarcity chief executive Andrew Robb, although solar households tend to do better than that. “We know from our customers and their behaviour that

the majority of households that go solar actually reduce their energy consumption. “They become focused on reducing their grid bill and maximising their benefits because they have a real incentive.”

So what risk is a solar energy user taking by going solar now? For a start, what if Solarcity finds it hard to make money and fails? Its 26c a kilowatt-hour rate is the same as the industry-average output costs for photovoltaic units, so its profit margins already look slender, even before it meets the cost of equipment and installation.

The details of its financing arrangements are commercially sensitive and have yet to be finalised with its bank, Westpac, which is pushing to find ways to make clean-tech energy solutions viable, believing it's the way of the future. However, the bank's head of sustainability, Grant Fleming, says “the numbers stack up” and that most such arrangements have “contingency measures” to cope with commercial difficulty.

Another risk – laughable though it may seem to most electricity bill-payers today – is the prospect of falling prices for grid-derived electricity. It's not clear how Solarcity would cope if retail electricity tariffs fell below 26c a unit.

Then there's the potential for technology to improve. Twenty years is a long time in technology innovation. New-generation solar power units might deliver even cheaper power. Solarcity says it will offer upgrade packages. As for moving house

Most of your power bill has nothing to do with the cost of electricity production.

before the 20 years is up, the lease can be assigned to a new owner or moved for a nominal cost to a new house. And that long lease should mean little or no customer churn, reducing marketing expenses.

There's no doubt that solar energy has huge popular appeal and that it's becoming competitive with grid-delivered electricity. The prospect of every north-facing wall and roof being covered in electricity-producing paints and films is imaginable in the near future.

But the reality right now is that New Zealand is unusual for having plentiful alternative renewables – wind and geothermal – at half to a third of the cost of the equivalent energy from a solar photovoltaic unit.

In other words, at this stage what starts to make sense at the household level is still a long way off making sense at a New Zealand Inc level. ■

– *Patrick Smellie*



FOOD

by Lauraine Jacobs

Puff 'n' stuff

The addition of a few choice fillings takes a much-loved ingredient to the next level.

Everyone loves pastry. Just ask restaurateurs, who know that when they list it in the description of a menu item, that dish will become a top-seller.

Making pastry is an art that takes time and patience to master. The favoured type for both sweet and savoury pies is light-as-air puff or flaky puff pastry. Made with butter, flour and ice-cold water, it has to be rolled and precisely folded several times so the final result is a glorious, many-layered

creation. The butter provides that essential crisp finish.

Fortunately, there are some fine examples of store-bought puff and flaky puff pastry that make life simple for even the best cooks. Paneton, a French bakery based in Auckland, produces sublime ready-rolled frozen flaky puff pastry that can be found in specialist food stores and good supermarkets. If Paneton isn't available, choose a butter puff pastry or flaky puff butter pastry. Butter really is the magic ingredient as it has a lovely mouth feel, even when the pastry is served cold. Other fats tend to be cloying, and there's nothing more unpleasant than pastry that sticks to the roof of your mouth.

Whether home-made or commercially prepared, puff pastry needs very even and light handling. It's essential to keep the layers that have been built up in the rolling and folding process straight and upright. The hasty cook who pushes too hard with the rolling pin will end up with pastry that rises lopsidedly.

WITH PRE-ROLLED PUFF pastry on hand in the freezer, it's easy to whip up a tart like the one below. The fennel filling is made especially flavoursome with the addition of preserved lemon, anchovies and goats' cheese.

SWEET FENNEL, ANCHOVY AND GOATS' MILK CHEESE TART

2 tbsp butter
2 tbsp olive oil
3 medium-sized fennel bulbs, thinly sliced
1 tsp fennel seeds
¼ preserved lemon, finely chopped
Salt and freshly ground black pepper
300g (2 sheets) puff pastry
1 egg, beaten
170g tin anchovies
200g goats' milk cheese (feta or a washed rind)
1 handful rocket leaves

Heat the butter and oil in a large frying pan and add the fennel and fennel seeds. Cook over a gentle heat, stirring frequently until the fennel is soft. Add the preserved lemon, season to taste and allow to cool.

Preheat the oven to 200°C. Roll out the pastry so it fits a tart tin about 12cm x 32cm in size, slightly extending the pastry over the edges of the tin to accommodate any shrinkage during baking. Prick the surface of the pastry to stop it rising too much, then brush with the egg, right to the edges.

Spread the fennel mixture evenly over the pastry. Drain the anchovies, chop them into thirds and spread evenly over the fennel mixture. Break or cut the cheese into small pieces and add to the tart. Generously grind black pepper over the top.

Bake the tart for 20-25 minutes until the edges and base are golden and the cheese is soft and beginning to brown. Remove from the oven and scatter the rocket leaves over the top.

Serves 4-6.

Wine match: chardonnay or pinot blanc.

IF YOU CAN'T GET FRESH tarragon for these pies, try a teaspoon of Fresh As freeze-dried tarragon powder, available from selected supermarkets and specialist food stores. Failing that, fresh thyme goes beautifully with chicken.

CHICKEN AND CAULIFLOWER CHEESE PIES

8 boned, skinless chicken thighs
1 small onion, finely chopped
1 cup water or chicken stock
2 cups cauliflower florets
2 tbsp butter
2 level tbsp flour
1 bay leaf
4 tbsp whole milk
2 tbsp finely chopped tarragon
2 sheets puff pastry
1 egg, beaten

Cut the chicken into 4cm dice and place in a small saucepan with the onion. Cover with the water or chicken stock and place over a gentle heat. Bring to a simmer and allow to cook for about 10 minutes until the meat is just cooked through. Remove the pan from the heat and allow the chicken to cool in the liquid.

Meanwhile, simmer the cauliflower in salted water for 5 minutes. Drain and set aside.

Carefully strain the juices from the chicken into a small bowl. Melt



ELIZABETH CLARKSON; STYLING BY KATE ARBUTHNOT



Sweet fennel, anchovy
and goats' milk cheese
tart. Left: chicken and
cauliflower cheese pies.

For the perfect pastry ...

- When rolling out pastry, dust your work surface and rolling pin lightly with flour. If you use too much, your pastry will pick it up and little lumps will form on the surface when it cooks, so brush away any excess as you work.
- Always roll pastry on one side only. A quarter or half turn is fine, but don't flip it over.
- Don't stretch pastry out with your fingers – it's far better to roll it. If necessary, pat it back at the edges with the sides of your palms to resize it.
- Avoid scrunching leftover pastry into a ball. Instead, layer any surplus bits on top of each other and pat them into a neat rectangle. Refrigerate for use within a day or two when you should roll it out gently.



the butter in a saucepan and stir in the flour, adding the bay leaf. Cook for about 2 minutes over a gentle heat, stirring occasionally. Add the reserved chicken juices and the milk and stir until the mixture starts to simmer and thickens. Remove from the heat, discard the bay leaf and add the chicken, cauliflower and tarragon.

Heat the oven to 200°C. Divide the filling between four individual pie dishes or place in a deep 22cm pie dish. Cut the pastry to fit generously over the top of each pie and press down at the edges. Brush the pastry with the egg, then bake for 15-20 minutes until the pastry is puffed up and golden. Serve immediately with a green salad.



Serves 4.

Wine match: chardonnay. ■



WINE

by Michael Cooper

Pleasing pinot picks

Pinot noir with complexity, richness and a price tag that won't put you in the red.

Can you buy a good, satisfying pinot noir for less than \$25? Most of the big names command \$40 or more, although plenty of vibrantly fruity, simple pinot noirs are on the shelves at less than \$20.

The good news is that if you're prepared to pay a bit more than \$20, you can find pinot noirs with complexity and richness of flavour – but you need to choose carefully. Here are some of the best buys.

Main Divide Waipara Valley Pinot Noir 2012 ★★★★★

From Pegasus Bay, this red is as good as many producers' top labels. Matured for 18 months in French oak barriques, it has good concentration of plum, cherry and spice flavours, finely integrated oak and a savoury, nutty complexity. \$24.95

Mud House Central Otago Pinot Noir 2013 ★★★★★

Grown at Bendigo in the Cromwell Basin and partly barrel-aged, this sturdy, generous red is full of youthful vigour with strong plum and spice flavours, hints of dried herbs and excellent harmony and depth. \$24

Latitude 41 Nelson Pinot Noir 2013 ★★★★★

From Spencer Hill, this smooth, flavoursome wine is drinking well now, but there's no rush. Ruby-hued with ripe flavours of cherries, plums and spices, and earthy, nutty notes adding interest, it offers good value. \$22

Russian Jack Martinborough Pinot Noir 2013 ★★★★★

This bargain-priced red from Martinborough Vineyard has a slightly smoky bouquet. Mouthfilling, with youthful plum and spice flavours, savoury notes adding complexity and smooth tannins, it's easy to enjoy. \$20

Sacred Hill Reserve Marlborough Pinot Noir 2014 ★★★★★

Drinking well from the start, but still youthful, this barrel-aged red is full-bodied and smooth, with vibrant plum, cherry, spice and herb flavours showing some complexity. \$24.95

Matua Marlborough Pinot Noir 2014 ★★★★★

Designed for drink-young pleasure, this charming, low-priced red hits the spot. Made mostly from Marlborough grapes "with a little from Central Otago", it has ripe, sweet-fruit flavours of cherries and plums. Seductively fresh and smooth. \$15 ■

WINE OF THE WEEK

Te Kairanga Martinborough Pinot Noir 2013 ★★★★★

This stylish young red is fragrant, with mouthfilling body and rich cherry, plum and spice flavours, showing some savoury complexity. Matured in French oak barriques, it's still developing and well worth cellaring. \$24.95





SPORT
by Paul Thomas

Bad boys

Whatcha gonna do?
Give 'em the boot,
that's what.

Many top-line athletes are a combination of beauty and beast, but few more so than Uruguayan soccer player Luis Suárez.

Playing for Barcelona in a Champions League tie against Paris Saint-Germain, Suárez scored two breathtaking goals, both of which involved him “nutmegging” PSG defender David Luiz. A nutmeg is when the attacking player nudges the ball through a defender’s legs and retrieves it behind his back. It’s regarded as taking the piss, so to be nutmegged by the same player twice in a game is humiliation on a fairly grand scale, hence the barrage of derision directed at Luiz on social media. (It transpired he had a dodgy hamstring.)

Although Luiz was valued at \$100 million last year, he does have form when it comes to calamitous defending: he was one of the turnstiles through which the Germans breezed en route to their surreal 7-1 annihilation of Brazil in the semi-finals of last year’s Fifa World Cup.

Suárez was kicked out of that tournament for biting Italian defender Giorgio Chiellini, the third opponent into whom he’s sunk his teeth during his professional career. The incident prompted the *New Statesman*’s Ian Steadman to undertake a statistical exercise that led him to conclude you’re far more likely to be bitten by Suárez than by a shark. Steadman’s reasoning was that Suárez had played 441 professional games against 6000-odd opponents – the starting 11, plus subs. Thus, anyone playing against Suárez stood a one in 2000 chance of being bitten by him. The chances of being bitten by a shark are one in 3.7 million.

However, Steadman conceded that the numbers were skewed against Suárez in the sense that there are many parts of the world where swimmers rarely, if ever, get attacked. He therefore crunched the numbers for New Smyrna Beach, Florida, supposedly the shark-attack capital of the world. He concluded that even if you swim in shark-infested waters, you’re no more likely to be bitten by a shark than you are to be bitten by Suárez.



Nutmegger: Luis Suárez, left, gets one past David Luiz, far right, in Paris.

Indeed, you’re more likely to be bitten by Suárez than struck by lightning, die from a wasp attack, experience a tsunami if you live on the coast or, unbelievable as it may seem, be killed by a firearm if you’re an American.

Speaking of which, American football player Aaron Hernandez has taken beastliness to a whole new level, having just been sentenced to life imprisonment without parole for first-degree murder. He has a get-out-of-jail card of sorts in that his presence will shortly be required in a courtroom to face another murder charge. And when he gets that trial out of the way, he faces a civil suit from a former friend who claims Hernandez shot him in the face as they drove away from a strip club where they’d had an altercation.

Like Luiz, Hernandez’s services commanded a high price. Although a history of failed drug tests and assault allegations meant he was effectively on a good-behaviour bond when he was drafted by the New England Patriots in 2010 – according to the *Wall Street Journal*, his psychological report stated that he “enjoyed living on the edge of acceptable behaviour” – his contract was lavishly upgraded in 2012. His \$16 million signing bonus was the largest ever given to an NFL tight end, and the five-year, \$52 million deal was the second-largest contract extension ever.

The drive-by shooting double murder of which Hernandez is accused took place a month before the Patriots decided he’d passed his probation period and was worth pushing the boat out for. ■



Chicago Bulls vs Orlando Magic, 1996.


SPORTS STATS



NBA REGULAR SEASON BEST 10 TEAMS

	Year	Team	Wins	Losses
1	1996	Chicago Bulls	72	10
2	1972	LA Lakers	69	13
3	1997	Chicago Bulls	69	13
4	1967	Philadelphia 76ers	68	13
5	1973	Boston Celtics	68	14
6	1986	Boston Celtics	67	15
7	1992	Chicago Bulls	67	15
8	2000	LA Lakers	67	15
9	2007	Dallas Mavericks	67	15
10	1947	Washington Capitols	49	11

GETTY IMAGES



Lazy, hazy, crazy daze

In the hippy hangout of Byron Bay, you might gain enlightenment or maybe just a tan.

It's a two-hour drive south from Brisbane Airport to New South Wales' Byron Bay, the easternmost point of mainland Australia. We drove down the M3 Pacific Motorway, turning left at Surfers Paradise onto the Gold Coast Highway because we wanted a taste of the fabled GC.

Such as it was. Sadly, the relentless line of towering apartment blocks disfigured the landscape and minimised the driving experience, so it was a relief to arrive at our destination, where the only high-rise building was Cape Byron Light, a 23m tall lighthouse commissioned in 1901.

When James Cook anchored HMS Endeavour in the bay in 1770, he named it after fellow Englishman, circumnavigator John Byron, who was also the grandfather of poet Lord Byron, a man famous for his well-tuned disregard for convention and

reputedly the first in 1810 to swim across the Hellespont from Europe to Asia. His spirit lives more easily in Byron Bay than the circumnavigator's. The area is a beguiling mix of surf and saffron, offering more ways of taking the road less travelled than you can shake a stick at.

English settlers arrived here in the late 1800s, naming its streets after iconic figures in English literature: Wordsworth, Keats, Marvell, Shelley, Browning. Longboarders discovered Byron Bay's fine breaks in the 1960s and the surfies are still pursuing the dream, their well-used Hiaces and Transits crammed with boards, mattresses, cooking gear, clothes. Hippy culture arrived soon after the longboarders. The 1973 Aquarius Festival, held in nearby Nimbin, well and truly established the area's "alternative" reputation.

About 1.7 million people visit Byron Bay each year, joining the town's 9000 residents. A number are students

attending the area's many educational institutions. When we visited, the vegetable and fruit section in the town's main supermarket was a polyglot meeting place. Students wore the compulsory dress of enlightened locals: dreadlocks, baggy Turkish trousers, beanies, beads, ankle bracelets.

Later we encountered two in similar attire on Jonson St, the town's main drag. The man was Spanish, the woman American. They were breaking up loudly and publicly. "You're not good enough for me!" shrieked the guy as he stomped off.

A few metres away was the Byron Community Centre, plastered with notices offering an abundance of New Age therapies and activities, including "a journey of enchantment into the sacred sonic blueprint of the Universe". We chose another path to enlightenment by taking advantage of the daily free tour of the Byron Bay Brewery. It would have been churlish to walk away without buying a



Cape Byron Light. Opposite, from top: shop sign in Nimbin; Byron Bay is a surfing hotspot.



sampling tray of beers from the Buddha Bar, of which the liquorice-flavoured Billy Goat Dark Lager was the stand-out.

The brewery complex also houses a cinema and a meditation and massage centre. As with most of Byron Bay, there's something for everyone.

Sampling the 50 or so restaurants and cafes in town would take a month. They range from organic vegetarian offerings to eateries in which the music thumps as loudly as the surf outside. And there's the lighthouse, a magnet for Lycra-clad get-fitters, who seem to do the return journey as a daily constitutional. Our trip was rewarded by an encounter with a metre-long eastern water dragon. It eyed us from beside the track on the way down to the Pass Cafe, where our cool beer was paired with the sight and sound of kookaburras in the trees overhead.

We visited a number of attractions in the surrounding area too. The small coastal settlement of Brunswick Heads has a charming collection of arty shops, anchored by an excellent coffee house. Bangalow is a country gem, with a main street full of character and lovely buildings, including a huge specialty tea shop.

Further on is Lismore with its well-appointed art gallery and museum. Laid-back Nimbin is a must-visit for its chilled-out vibe, people-watching and shop windows displaying puns such as "stoned-ground coffee".

"Ever since happiness heard your name, it has been running through the streets trying to find you."

It was different at Mullumbimby's Crystal Castle meditation centre. Its diverse offerings include a superb range of crystals, a huge authentic Tibetan prayer wheel, an extensive range of ambient music and guide-to-life literature, and rainforest walks. Tarot reading and clairvoyance sessions were doing a brisk

trade at corporate rates, not to mention the aura readings. Away from all that, the tranquil grounds were calming and uplifting.

A few kilometres out of Byron Bay is the rambling Byron Arts and Industry Estate, a vibrant hive of arts, crafts, fashion, furniture and more. We came away with two items: a chopping block bought at a shop run by a Kiwi plying his trade in an airy factory that's occasionally visited by wandering snakes, and a quote from 14th-century Persian philosopher and mystic Hafez, relayed to us by the purple-clad owner of a store stocking Indian goods: "Ever since happiness heard your name, it has been running through the streets trying to find you."

Byron Bay also caters to those keen on more conventional tourist activities: whale watching, scuba diving and snorkelling, ballooning, boat cruises. Happiness may well find you here. ■

Books & Culture



Commanding performances

Expat New Zealander Ken Rea's acting students have included Jude Law, Daniel Craig and Dominic West. On the release of his new book, *The Outstanding Actor*, actor MICHELLE LANGSTONE asks him about teaching charisma, risk taking and "effective energy".

Can you spot an outstanding actor in your classes – a Dominic West or a Joseph Fiennes?

Most of the time you can't, but if I think back to what was the one thing

they all had in common, it was that they brought a great enthusiasm to the work. Enthusiasm is very infectious – it spreads energy. And just incredible imaginations. How do you bring out

someone's imagination? You've got the voice, you've got the body, you've got the mental process, but you've also got the imagination you're training, and it's much harder to provide exercises for that. You want to provide an atmosphere in classes where it's fearless. So the key is to provide that enthusiasm so there's joy in the room. It's all about play.

You talk about charisma a lot in your book, but it seems an almost intangible quality you can sense immediately. Can you teach it?

Well, I have to believe that you can. Some people would say no, you're either born with this or you're not, or you don't have charisma at all – but everyone can strengthen their charisma. And it's sort of fascinated me – why are some actors on stage or on screen very charismatic and some not? What are they doing that the others on stage aren't?

A while back, a couple of my students were in a production of [Shakespeare's] *Henry V* in the West End. Jude Law was playing *Henry V* and I'd never seen him on stage. And he was really charismatic. What I noticed is that he gave complete focus to the other actor. So it's an extrovert energy going outward, rather than "How's my star performance?"

I think the really charismatic actor's choices will be bolder and fresher and more original than ordinary actors. How did they get those bold choices? I think by being able to take risks in the rehearsal process, by trying out things that might not work.

There's a strong thread through the book about physicality and energy – is that where an actor begins?

Yes, but that's what I call effective energy – I think that's the meaning of life. When I was a young actor at the Mercury [Theatre in Auckland], I'd throw myself around and I'd read about [Jerzy] Grotowski and I'd be intense and all that, and it was all totally wrong. The energy was ineffective; I was coming from far too much physical tension. What I thought was exciting acting was actually working too hard in the wrong way.

BOOKS 50

Kate Atkinson writes a sequel to her beloved bestseller *Life After Life*

CLASSICAL 54

Young composers lead a nationwide tour of Kiwi-made chamber music

MUSIC 56

Elder statesman Paul Weller's latest album shows he's picked up some new tricks

FILM 58

Sean Penn gets into the spirit in an action thriller, and a creepy horror delivers chills



Sound and fury signifying nothing?

Very much so. What I've learnt over the years is it's all about economy. Stripping away the clutter to find the essence. And that's where the Japanese work influenced me most.

Is that the ki energy?

Yes. And that's where I think martial arts is very interesting. It's that you've got to find the supreme human condition of animal effectiveness in space. What I've learnt, particularly with my colleagues at Guildhall, is the importance of release. And that's where the idea of ki energy comes – it extends out through the fingers. There is presence and stillness. It's effective energy, energy without excess tension. It should look effortless. If we can see your hard work, then there's no grace in it.

In a YouTube clip of one of your classes, a student remarks that what's amazing about your teaching is your absolute encouragement for students to find

what's special about themselves. Some people might say that actors are too indulgent already.

It comes back to values. That's what I say to them on day one: I want you to work with a warm heart, with generosity of spirit. Give it away. Give it to the other person; give it to the audience. If you think about the actors you most admire – are they warm or cold? Are they generous or selfish? They just give it all away, and you as an audience member are drawn into that. It's not just the work itself, but



Clockwise from far left: Ken Rea; Jude Law; Daniel Craig; Dominic West, right, with his *The Wire* co-stars.



also what you do in your life that practises bringing the whole person. Now you could argue that what you're like on stage isn't necessarily relative to what you're like off stage, but I think there is a connection. People who are complete shits in real life – you can't tell me that they're wonderful, generous actors on stage.

You've devoted the past 30 years of your life to teaching actors. Why?

Without getting too precious, there is something that borders on the mystical,

because when you have a group of actors on stage and an audience, a very powerful interaction of energy takes place, and that interaction has been going on for thousands of years and always will. You're preparing people to be able to go out and face an audience and give them an experience they can't have in their ordinary lives, that will touch them maybe to the depth of their soul, and may in some cases change their lives. And that's what it's about. It's a very powerful thing. ■

THE OUTSTANDING ACTOR: SEVEN KEYS TO SUCCESS, by Ken Rea (Methuen, available from online booksellers).

Actor Michelle Langstone has appeared in numerous films and TV productions and will star in forthcoming comedy-drama *800 Words*.



The days of his life

Kate Atkinson's sequel to *Life After Life* grapples with what it means to be a Good Man.

by SARAH LAING

Kate Atkinson first came into view with 1995's *Behind the Scenes at the Museum*, an all-consuming, multigenerational book. Daring, intriguing, slyly funny, she immediately went on the must-read list. She's been writing immersive fiction ever since, including the Jackson Brodie detective series.

In 2013, Atkinson published *Life After Life*, which played with the idea that a life could unfurl in a hundred different ways, depending on the circumstances. Ursula died and was reborn in each chapter, culminating in a rebirth that would have changed history. *A God in Ruins* is a companion to that book. It charts the life of Teddy, Ursula's beloved brother, who in *Life after Life* dies in most scenarios. In this novel, he's given a long life, a wife taken too soon and an angry daughter named Viola.

A God in Ruins is not so structurally experimental, but Atkinson is deft at swinging across the century, alighting on different characters' points of view in an utterly convincing way. Admittedly, this can be exhausting – can't we settle in time for a while? – but her acrobatics are astounding.

This novel grapples

with the experience of war, and what it means to be a Good Man. Teddy has won medals for bravery and has witnessed horror – bicycling women beheaded by rogue Halifax plane propellers – that he never speaks of. He doesn't mention his comrades who died on bombing missions, or the superstitions they held as to who would come back alive or dead. What he does speak of is the engineering of the plane, but his wife says that the topic is boring. And it is – Atkinson dwells on the mechanics of the Halifax for too long,

and I was relieved when she returned to the character dissections.

Viola is particularly complex – quite unlikeable for the most part. As Teddy says, “He loved Viola as only a parent can love a child, but it was hard work.” Devastated by the loss of her mother at a young age, she seems incapable of love. But perhaps she was always so – her paternal grandmother believed that people were packages to be opened, unaffected by nurture. Does this mean Viola is incapable of change?

As a novelist (and I usually balk at novelists casting their characters as novelists), Viola wrote her first book about her

“He loved Viola as only a parent can love a child, but it was hard work.”

and Teddy's relationship, casting herself as the sensitive, highly intelligent child and Teddy as the hapless, bumbling father. She views it as a gift to him; he finds it hurtful. Narcissistic, she abandons her children to her father's care and then to her drug-addled ex-partner's parents, with near-fatal consequences. But one of the novel's main themes is stoicism and the ordeals that people survive. There is redemption, no matter how damaged a person may be. ■

A GOD IN RUINS, by Kate Atkinson (Doubleday, \$37.99).

Sarah Laing is working on a graphic novel about Katherine Mansfield.



Ripple effect

CATHERINE ROBERTSON reviews the latest contemporary fiction.

William Cecil drowns in a public swimming pool and the ripples move slowly outwards as his wife, two ex-wives, assorted grown children, his mistress and his brother come to realise they may each have known an entirely different man. Marion Halligan's prose has a languid, dreamy feel, and the tension is so low-key as to be almost undetectable, yet **GOODBYE SWEETHEART** (Allen & Unwin, \$36.99) is both engrossing and entertaining. The characters are well drawn, with distinct voices and personalities, and their interactions, as they strive to come to terms with their rather abruptly revised versions of William, are entirely believable. A satisfying read.

New Zealand author Ann Glamuzina draws on her heritage to tell the connecting stories of two immigrants, Dalmatian Olga, a refugee from World War II, and nine-year-old Pualele, who arrives from Samoa in 1978 with her father and brother, though both men are soon to be kicked out as overstayers. **RICH MAN ROAD** (Eunoia Publishing, \$30) tells a broad story of New Zealand's attitudes towards immigrants and a more intimate story of the toll such dramatic uprooting takes on families. Though obviously well researched, the novel is lifted by its strong focus on character rather than historical detail. A worthy and attractively written debut.



Born in New Zealand, author Stephen Daisley now lives in Western Australia, and **COMING RAIN** (Text Publishing, \$37) shimmers with dusty red heat. It's 1952: a pregnant dingo is on a desperate search for safety, and young Lew McLeod teams up for another shearing contract with gnarly old hard man Painter Hayes. The pair arrive for work on a farm they know, but find the recently widowed owner a changed man. As the drought refuses to break, tensions rise to force a brutal climax. Tune in to the distinctive rhythm of the prose and you'll enjoy the rich, subtle rewards of a really good book.

Each year, Nora Roberts publishes an average of six novels, but only one stand-alone blockbuster. This year, it's romantic suspense **THE LIAR** (Hachette, \$37.99). Shelby Pomeroy's husband, dead in an accident, is revealed as a conman who has left her with crippling debt. Shelby sells what she can and takes her three-year-old daughter

home to her family in Tennessee, aiming to start again. But even dead, a dodgy husband can still be a threat. Roberts' no-nonsense style, tartly amusing observations and self-reliant heroine set this book above the bland and formulaic. Sit back and relax, safe in the hands of an expert storyteller.

Celia Imrie is a first-class comic actress, but her debut novel, **NOT QUITE NICE** (Bloomsbury, \$34.99), proves that not all thespians are fit to write their own dialogue. Despite glowing cover reviews from Imrie's famous friends, this is as clichéd as a mustachioed Frenchman in a beret riding a bicycle with a string of onions around his neck. Which is a shame, because it has a great Riviera setting and you can see how, with ruthless editing, it could be transformed into a genuinely good piece of light entertainment. As it is, avoid, or read on holiday while drinking several large glasses of wine. ■



Moments of wander

Lauded work is smart and moving, but falls short of its ambitions, says CHERYL SUCHER.

From George Orwell's *Animal Farm* to Suzanne Collins's *The Hunger Games*, the contemporary literary landscape has been haunted by a plethora of dystopian dramas set in an imagined close future in which human rapaciousness has leached the earth of its natural resources, turning existence into a gladiatorial fight for survival. Prophesying doomsday apocalypse, these bleak works offer veiled

commentary on the horrors of ongoing tyrannies, exploitations, injustices and oppressions.

Lauded Dutch novelist Tommy Wieringa has realised his own vision of a dystopian future in *These Are the Names*, winner of Holland's Libris Prize in 2013. Set in the near future in the barren steppes of the fractured Soviet Empire, it tells two parallel tales that ultimately intersect. The first is a dark procedural that revolves around overweight, exhausted police commander Pontus Beg, who polices the lawless streets of Michailopol where "everyone steals from everyone else. And those who don't steal beg. The system was ... a colossal weave of kickbacks, bribes, extortion and larceny ... As a police commander, he found himself somewhere halfway up the ladder ... It was an economic system from which everyone profited and under which everyone suffered."

The second tale is a parable of a modern exodus populated by nameless archetypal figures ("the boy", "the tall man", "the

Ethiopian") who have paid a poacher to take them across a border to freedom. We never really learn where they've come from or why they're escaping, but their desperation has united them in pursuit of the same torturous end. Once over the border, they find themselves lost in a wilderness without succour or salvation. Starving, they turn against each other in

Over the border, they find themselves lost in a wilderness. Starving, they turn against each other.

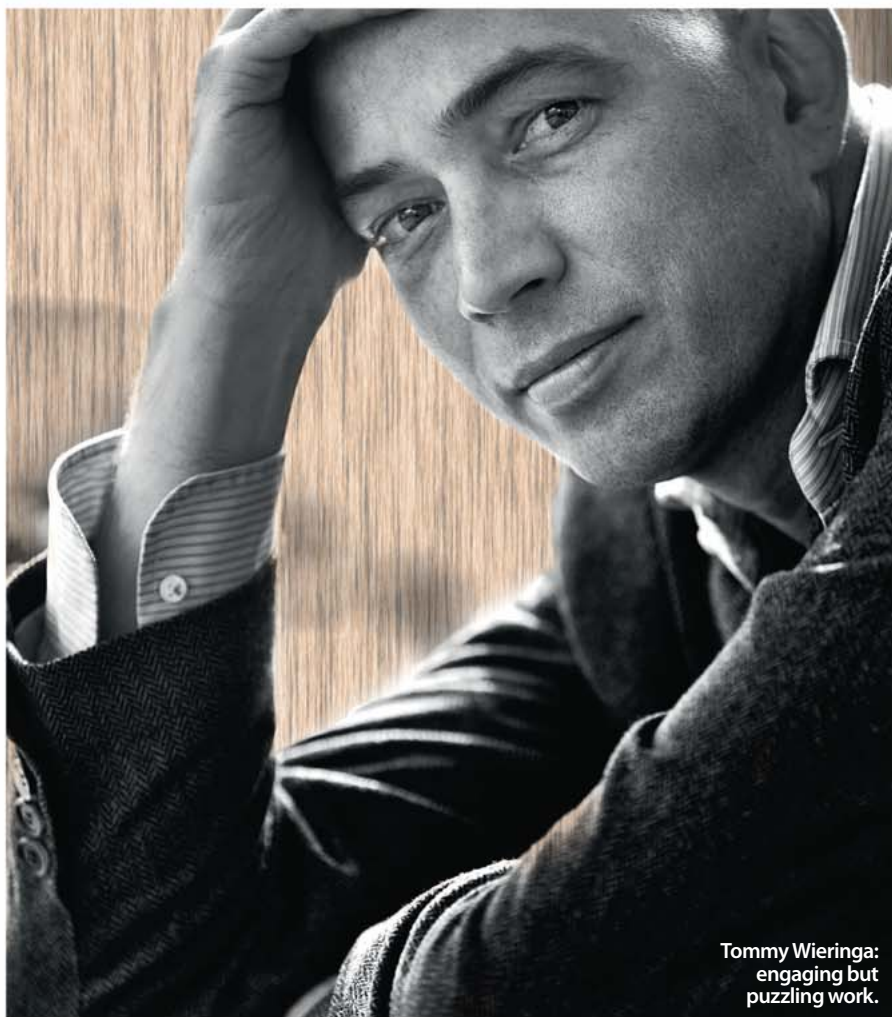
their existential despair.

Into this mix Wieringa throws the last Jew of Michailopol, whom Pontus is determined to give a Jewish burial. When he discovers a rabbi who can inter him, Pontus is awakened to his own lost past. Recovering the Yiddish lyrics to a lullaby his mother sang to him as a child, he discovers meaning in his own empty life.

Ultimately, Wieringa's stark portraits of starving, brutalised refugees never fulfil their metaphoric expectation, despite a clever plot twist that explains their hapless fate. Although this is an intelligent, moving work, his parallel tales collide rather than resolve, resulting in puzzlement, not wonder. The messianic detective story somehow never answers the cries of the biblical wanderers, even after they are named. ■

THESE ARE THE NAMES, by Tommy Wieringa, translated by Sam Garrett (Scribe, \$37).

Cheryl Sucher is a Hawke's Bay writer and broadcaster.



Tommy Wieringa: engaging but puzzling work.



Change of heart

A family man finds the courage to reveal his deepest secret, but it's not all trauma and angst.

by CATHERINE WOULFE

It did not bode well. Page three: our hero takes a train to the site of his planned suicide. He happens to sit beside a kindly widow. They get chatting, he confides in her, and it turns out her own husband died by suicide decades ago and blowed if she's not going to talk him out of it ... See?

Happily, it's all rapidly uphill from there.

Author Charity Norman, a barrister and mediator specialising in family law, moved her family to New Zealand from England in 2002. She writes the gut-punch of humiliation particularly well, and in this, her fourth novel, it's difficult to think of subject matter that would let her explore that to greater effect.

Luke is a successful lawyer, happily married with two adult kids and a bucolic life in the English countryside. This is the story of his coming out as transgender.

Though Norman zooms in on the shock and shame of each family member in turn, it's Luke's own chronic humiliation that forms the backbone of the book. He frequently has flashbacks to his childhood, centring on his conviction as a small boy that he really was a girl, and the profound confusion that hit when he started school and was told to line up with the boys. There's a bleak scene in which his mother finds the little boy pants down

There's a bleak scene in which his mother finds the little boy pants down and knife in hand.



Charity Norman:
pitch-perfect
dialogue.

and knife in hand, and another where she spots him at the top of a dangerously tall tree. By the time the adult Luke is wavering over coming out at work, all but the most close-minded of readers will be willing him on.

It's not all trauma and angst – there's plenty of humour here, both in the pitch-perfect dialogue (particularly between couples) and descriptive passages. An ex-boyfriend waits in a flat “like a moray eel under a rock”; Kate, overwhelmed by her father's news, quietly takes herself off and climbs a hay bale. Her mother finds her there “lying flat on her back, like Snoopy on his little doghouse”.

But the book's greatest strength is that it tackles a topic that rarely makes it into mainstream fiction, and it does so without ever veering into titillation or moralising.

Norman doesn't preach and she doesn't seek to educate – overtly anyway. Instead, she tells a damned good story with keen insight and compassion. ■

THE SECRET LIFE OF LUKE LIVINGSTONE, by Charity Norman (Allen & Unwin, \$36.99).



CHAMBER MUSIC

Composure beyond years

Three generations of Kiwi composers concoct a tour series.

by ELIZABETH KERR

‘When you have programming by a composer, you have a different kind of programming. We took it that we could just go for it, be outrageous, pull it out of the box,” says Alex Taylor. He’s talking about a concert he and fellow composers Karlo Margetić and Claire Cowan have curated for performance by the NZTrio, as part of Chamber Music New Zealand’s Composer Connections tours in May.

These three young composers – Taylor and Margetić are in their twenties, Cowan her early thirties – are rising stars on the music scene. Their multifaceted musical lives include performing, teaching, directing ensembles and organising events. Cowan has just completed the bedroom-themed “Dreams” season in Auckland with her zany Blackbird Ensemble. There’s no lonely garret for these entrepreneur-musicians – they’re out in the world making music with their friends.

When the *Listener* talks to Taylor, he’s on the ferry to Picton, after an Australian tour with Live Live Cinema playing



From left, entrepreneur-musicians Alex Taylor, Karlo Margetić and Claire Cowan.



violin and saxophone in a seven-piece band, alongside Cowan on backing vocals, cello and toy piano. He’s heading south to a residency with the Caselberg Trust, researching the late violist and composer Anthony Watson. That project will produce a composition for viola and a companion book of poetry.

Describing himself as a “jack of all trades”, Taylor is clearly a prodigious talent. The youngest-ever composer to receive the Sounz Contemporary Award for his piece *[inner]* for viola and orchestra

in 2012, he also won the NZSO-Todd Young Composer Award and the Orchestra’s Choice Award, and more prizes have followed.

Margetić won the Sounz Contemporary Award the year after, for his sophisticated *Lightbox* for piano trio. He thinks of a piano trio “as if somebody had strewn some line drawings of simple three-dimensional objects on a photographer’s lightbox ... resulting in an unexpected and strangely beautiful assemblage”. *Lightbox* has been extensively toured by the

DVD REVIEW

by Mark Broatch

Worth it for the wormholes

Space and kitchen-sink dramas translated to the small screen.

INTERSTELLAR

Does Christopher Nolan’s dimension-bending, ecologically minded epic stand up to a second viewing? It does. Are the plot holes still large enough to pilot a giant spinning spaceship through? They are. But it’s the leads who make you want to watch through to its 169th minute. Matthew McConaughey’s frustrated, idealistic Cooper, willing to leave his family to find an unruined planet for humans to live on; his brilliant daughter Murph, played as a stubborn, stoic and weepy child by a brilliant Mackenzie Foy and in adulthood by the bitter, driven, hopeful Jessica Chastain;



That’s relativity: from left, Matthew McConaughey, Anne Hathaway and David Gyasi.



“I’ve always been chasing extremes of virtuosity and rhythmic propulsion. Some people say I’m way too over the top.”

is also divided. “Within each third, there is one of our works and two or three others connected to our work. There’s a strong aesthetic focus; it’s a journey of 20th-century modernism.”

Three generations of New Zealand composers worked with three ensembles to create the Composer Connections programmes. John Psathas, who collaborated with the Waikato-based New Zealand Chamber Soloists, has developed a big reputation with high-profile international projects, including music for the 2004 Athens Olympics and an upcoming epic World War I project *No Man’s Land*.

Psathas, who’s 50 next year, agrees he’s best known for “up, energetic, driving music”. For this programme of piano trios, his dynamic *Corybas* and *Island Songs* dance alongside the full-blown passionate Romanticism of Rachmaninov and Armenian composer Babajanian. “The Romantics were trying to reach out to audiences, hold them in a loving embrace. I’ve always been chasing extremes of virtuosity and rhythmic propulsion. Some people say I’m way too over the top.”

Corybas draws on “contemporary folk music and very ancient Greek music”, says Psathas, who frequently reaches back to his Greek heritage. The work has a short companion piece, *Aegean*, that

reveals another side of the composer. “It’s a possible encore, a calming ending. The programme is full on and intense so it may be nice to have resolution. When I wrote *Aegean*, I knew my mother was dying and it has that sad acceptance.”

The project’s fifth composer is multi-award-winner Ross Harris, who is celebrating his 70th birthday this year with a packed commission and performance schedule. He’s waited two years for the premiere of his first piano quintet by his long-time New Zealand String Quartet colleagues and pianist Stephen de Pledge. Harris describes the quintet as a piece that “accumulates energy from a slow-moving, almost Japanese spatial effect between strings and piano to a more rhythmic and driven, high-energy, fast tempo”.

Harris’s curated programme begins with his postmodern string quartet *Variation 25*, borrowing from Bach’s *Goldberg Variations* and “transforming them into something modern and expressionist”. De Pledge plays excerpts from Bach’s *Variations* to set the scene. The new quintet is placed between late string quartets by two masters of the genre, Mozart and Shostakovich. “There’s such extraordinarily powerful musicianship there,” says Harris. “I have a sense of my work being attached to those roots, and maybe some of their light will shine on my music.” ■

Alex Taylor, Karlo Margetić, Claire Cowan and the NZTrio tour Nelson, Palmerston North and Wellington from May 5-9. John Psathas and New Zealand Chamber soloists visit New Plymouth, Napier, Christchurch and Auckland from May 11-23. Ross Harris and the New Zealand String Quartet with Stephen de Pledge tour Wellington, Hamilton, Invercargill and Dunedin from April 26-May 19. For details, see chambermusic.co.nz

NZTrio and chosen for this programme, ushered in by transparent and luminous solos and duos by 20th-century masters Sciarrino, Ligeti and Webern.

Short pieces also provide context for Taylor’s *burlesques mecaniques*, a collection of 10 “grotesque” dance miniatures, and Cowan’s new work, *ultra violet*, commissioned for premiere on the tour. Might a concert of 11 short works seem fragmented to the audience?

Taylor points out that the programme, conceived as a whole,



and his foil, Anne Hathaway’s sharp-witted biotechnologist Brand. Some of it may be creaky as all hell – who was the pilot before Cooper?; “That’s relativity, folks!”; endless Dylan Thomas; the nitrogen blight what? – but it’s suspenseful and spectacular, and let’s face it, you don’t get wormholes and gravitational waves and robots like giant sets of Allen keys in every movie. ★★★★★

Marion Cotillard: lays the modern workplace bare.

TWO DAYS, ONE NIGHT

Sandra is to lose her job at a Belgian solar-panel factory after her colleagues voted to accept a bonus. She has the weekend to persuade them – struggling, suspicious, each wanting to know others’ decisions – to vote again, this time for her to be kept on. The story brilliantly lays bare the modern capitalist workplace, and Marion Cotillard (*La Vie en Rose*, *Rust and Bone*) manages to portray a wife and mother who is both depressive and melodramatic. But the film, for me, is at heart no more than a well-made, if exotically accented, kitchen-sink drama. ★★★

MUSIC

by Jim Pinckney



Modern love

Paul Weller is proving he still has a few surprises up his sleeve.

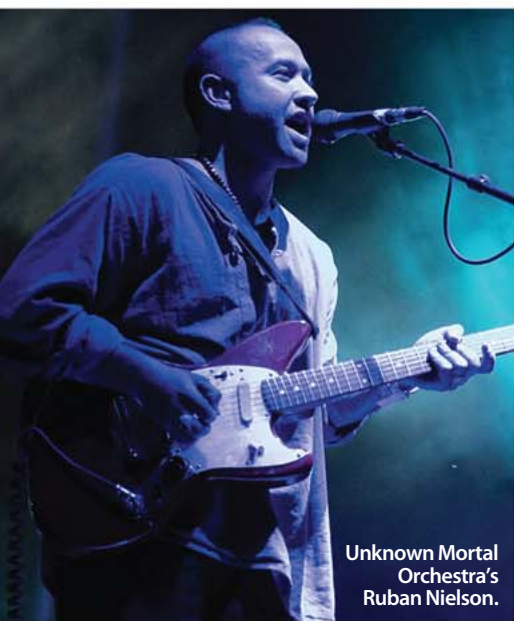
GETTY IMAGES

Known to all and sundry as “the Modfather” and set to release his 12th solo album since moving on from the Jam (*That’s Entertainment*) and the Style Council (*Shout to the Top*), Paul Weller has become one of the elder statesmen of punk rock. Never one

to needlessly revisit roads he has previously travelled, he has again furthered the sonic experimentation on his new album, *Saturns Pattern*, and got a little heavy on it, particularly with blistering lead single *White Sky*.

Punctuating our conversation with

regular swearing and a scratchy smoker’s cough, Weller does seem in remarkably good form, only resorting to grumpy-old-man mode – he has an avowed loathing of phone interviews – when the distracting creak of the doors in his Surrey studio Black Barn threatens to drown out our



Unknown Mortal Orchestra’s Ruban Nielson.

Short cuts

Indulging in a touch more funk, soul and disco-orientated tackle than his previous excursions, ex-Mint Chick Ruban Nielson slides through some smooth waters on Unknown Mortal Orchestra’s third full-length effort, *Multi-Love*. The band’s lo-fi psychedelic touches that have proven to be crucially prescient are still very much in effect, though the production is definitely a major step up from *II* and the group’s shambling self-titled first album. With big-name, big-budget producers such as Mark Ronson eagerly sniffing around, it would have been easy for Nielson to take the path of least resistance and polish his snappy alt-pop compositions into certified

chart fodder. Instead he’s maintained control and left the rough edges and occasional jarring elements intact, suggesting he’s in this for the long haul rather than a quick sprint.

The title track is the furthest out and possibly the least successful, relying as it does on some strange twists and turns, and an immediate catchiness that doesn’t quite feel like it’ll endure after the initial, impressive sugar rush. Elsewhere, on the marvellous modernity of *Can’t Keep Checking My Phone*, and on *Necessary Evil* and *Extreme Wealth and Casual Cruelty* with their delightfully unexpected horn insertions, the fiendishly captivating melodies and hooks launch themselves deep into a listener’s soul, with little chance of escape.

After two very successful albums and a touring schedule that would make





Paul Weller: sonic experimentation.

There are notes and sounds that suggest the old master has been learning a few new tricks.

may be, but I think overall it's hard to pinpoint it and say what kind of music it is, because it's quite unique, in a way. I wanted to make something really modern, whatever the f--- that is, but something 21st century-sounding without it sounding like someone's phone going off."

On a first listen, *Saturns Pattern*'s chief distinguishing quality is a sense of surprise – the song structures are firmly grounded in the good-taste classicism that has coloured Weller's musical career, but there are unexpected breaks with highlighted notes and sounds that suggest the old master has been learning a few new tricks from young pups such as Tame Impala. He's undoubtedly a fan of them and their countrymen Jagwar Ma, including them on an extensive list of "f---ing outrageous" new bands that he rates.

"I probably go out almost every week and just buy loads of records and hope for the best. I just have to take a punt, but having said

that, I've bought some amazing things. There's a lot of great music out there; I think it's in a really good place, but I still think it's hard to get to it, at times. I suppose maybe it's different if you're part of that YouTube generation thing, but I'm kind of not really."

Weller is a passionate picker from all eras and styles, and there's certainly an element of William Burroughs-like cut-up to some of the lyrical direction on *Saturns Pattern*, even though that inspiration may well have come second-hand via another musical magpie and style-filcher, David Bowie.

"I like the challenge of it. Sometimes it doesn't make sense if you take it in a very literal sort of way, but I like that. It kind of intrigues me and I find different meanings in it afterwards as well," says Weller.

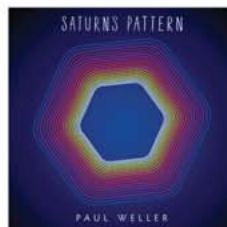
"Some of it doesn't even have a meaning to me – I just like the sound of the words. It's almost like coming into it mid-conversation or mid-thought and then it diverts and jumps about. I don't know if everybody's like it or not, but I find I'll be think-

ing about one subject and then within seconds I've flipped onto something else. Not all the time, obviously, but a lot of the time I find that. So I guess I'm trying to reflect that a little bit in the lyrics." ■

SATURNS PATTERN, Paul Weller (Parlophone) ★★★★★

Albums are rated out of 5:

★ (abysmal) to ★★★★★ (amazing).



voices. One of the only artists who could ever get figures as disparate as Robert Wyatt and Noel Gallagher to appear on the same album, Weller approached this latest record with an open mind.

"Obviously you can hear the influences, of which there are many, wherever they

mincemeat of most, Nielsen may have reached a crossroads with *Multi-Love*. His brave choice to follow his instincts and remain adventurous and gloriously imperfect should see him deservedly rewarded.

MULTI-LOVE, Unknown Mortal Orchestra (Jagjaguwar) ★★★★★

More than three decades old, yet still unerringly relevant and pivotal, this trio of albums from the Specials – *The Specials*, *More Specials* and *In the Studio* – retain a special place in musical history. Their 1979 self-titled debut leaned heavily on brutally but lovingly adapted covers and the tsunami of energy that came with fecund group chemistry and the burgeoning 2 Tone

The Specials' Lynval Golding, left, and Terry Hall.



movement. By the time *In the Studio* was released in 1984, however, only chief songwriter Jerry Dammers and drummer John Bradbury were left, and the music and vibes had turned dark and malevolent. Resplendent after a remastering job that truly does justice to the progressive sound of a group that heavily influenced Blur, Massive Attack and many others, and packing in singles and rarities including the timeless *Ghost Town* and (Free) *Nelson Mandela* onto three double-disc packages, this is all still very special indeed.

THE SPECIALS, MORE SPECIALS, IN THE STUDIO, The Specials/The Special AKA (Warners) ★★★★★

FILM

by Helene Wong

Top guns

This action thriller follows a familiar template but Sean Penn gets into the spirit of things.

THE GUNMAN

directed by Pierre Morel

You know how it goes: middle-aged man forced into extreme survival mode packs heat and shows off his moves. Think Cruise, Neeson. This time, Pierre Morel, Neeson's director in *Taken*, is doing it with Sean Penn. And for all the attempts to dress it up with extra layers of sociopolitical comment, there's still a pretty standard template underneath.

Penn is Jim Terrier, ex-special forces fighter working in the Congo to "support" international mining interests as they scrape the wealth out of the country. The action begins in 2006, when Jim is the one who pulls the trigger in a political assassination that forces him to flee the



country. Fast-forward eight years and he's back, no longer killing but digging wells for humanitarian causes, possibly as private penance for the past. Next thing, he's being shot at; now he has to find out why. Of course it goes back to that earlier episode, but it's not the Congolese who are gunning for him.

So, another bad guy hero who attracts our sympathy because he's human and conflicted? Possibly, but unlike, say, Tony Soprano or Walter White, Jim doesn't have the luxury of time to build anything other than superficial reasons for that sympathy. Don't expect a story of insight into vulnerable humanity – it's just

Human targets

Victims being preyed on by an invisible enemy ... Creepy? Tense? You bet.

IT FOLLOWS

directed by David Robert Mitchell

This put me in mind of Japanese horror films – *Ringu* (*The Ring*) and *The Grudge*, for example – and although it's an American setting, their influence is effective.

Writer-director Mitchell takes their concept of a malevolent object or entity

and its transference of that malevolence to others, applying it to an entity that – you guessed it – follows its target. If you're the target, only you can see it, except it doesn't always look the same at each sighting. How do you become the target? By having sex with the current target.

It might be a metaphor for HIV/Aids, but that isn't Mitchell's main intent. He's playing with the genre, particularly the clichés of the American teen horror, alluding to them while deliberately treating them with a more restrained (Japanese?) style.

There's the pretty girl, the hunk, the nerd and so on – holed up in a house trying to figure out what to do. What's different is how they talk and relate. They're not articulate, excitable high schoolers so much as low-key introverts with realistic dialogue, unintentional humour and



It Follows: delivers the chills.



The Gunman: Sean Penn commits to the challenge.

another action thriller.

Which doesn't mean it's a bad one. An apparently very free adaptation of a 1981 crime novel about a hitman's last job, *The Prone Gunman* by Jean-Patrick Manchette, it pitches us furiously into the international theatre of mercenaries, multinationals and the machinations of

Pierre Morel's slick direction mixes physical intensity with sharp editing and a suitably pounding soundtrack.

politics and business; of hard men and visceral violence; with one lone female to complicate relationships. And although it takes a while to set all this up – you need to pay close attention to the dialogue and visual clues at the start and have faith that things will become clear – it also manages to smoothly insert male rivalry, redemption and corporate bad behaviour in-between the set-piece action.

In the latter, Morel's slick direction mixes physical intensity with sharp editing and a suitably pounding soundtrack, and Kiwi Markos Rounthwaite impresses with his choreography of the fights and stunts. Penn commits to the challenge with a ripped bod and a weary, lived-in face – but disappointingly, his stellar colleagues – Javier Bardem, Ray Winstone, Mark Rylance and especially Idris Elba – are hardly challenged at all.

★★★★

OPENS APRIL 30

Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing).



periods of sitting about. The house is no cabin in the woods – it's in a deserted suburban street somewhere in middle America – but it might as well be, with its overwhelming sense of isolation, devoid of people and parents. And the woods themselves are the town's abandoned industrial blocks, exuding the same eerie ambience of threat.

Mitchell alternates slow and intense pacing, delivering the chills through tightening suspense rather than sudden shocks – although he rather likes loud bursts of sound – and you find yourself anxiously examining every figure in long shots to see if he or she is a Follower.

It's creepy all right, and although I found it slow, even boring in parts, I still came out with a crick in my neck from all that tension. ★★★

OPENS APRIL 30



The Avengers: Age of Ultron

Now showing

The Avengers: Age of Ultron

A thing of beauty. Joss Whedon takes 11 major characters, innumerable superhero fight scenes and the sprawling multi-film backstory of the Marvel universe and somehow assembles it all into a fluid, exciting story. It's a seamless viewing experience with no sense of strain: Whedon has not just delivered a better movie than his box-office-conquering first *Avengers* but made it look easy. Superhero haters should of course stay well clear. Everyone else, buckle up. [David Larsen]

★★★★

Lucky Them

A near-perfect indie gem about moving on and growing up, set in Seattle's music scene and starring Toni Collette. Beautifully written characters, a few laughs and one big surprise. [HW] ★★★★★

Samba

The plight of illegal immigrants in France, dramatised via some engaging characters and meandering storylines. Omar Sy and Charlotte Gainsbourg are worth watching. [DL] ★★★

NT Live: Of Mice and Men [HW] ★★★★★

The Book of Life [DL] ★★★★★

Dior and I [HW] ★★★★★

Get Well Soon [HW] ★★★★★

Shaun the Sheep Movie [HW] ★★★★★

Infinitely Polar Bear [Mark Broatch] ★★★★★

Cinderella [DL] ★★★★★

Still Life [HW] ★★★★★

Insurgent [DL] ★★★★★

Home [HW] ★★★★★

Focus [DL] ★★★★★



VERONICA
SCHMIDT

Bum rap

Someone hating on the junk in your trunk? Just channel Britney Spears.

Fat shaming continues at the highest levels of pop. In the past month, **Pink**, **Kelly Clarkson** and **Britney Spears** have all been publicly criticised for their weight. The only good news is that each told their critic where to go, with Spears' comeback possibly the most swift and effective. Abused loudly in the middle of a performance, the singer told her harasser he was a "f---ing asshole", which was actually rather generous.

✚ The standard career path for an A-list entertainer is: 1) Become rich and famous; 2) Exploit your fame to become more rich and more famous. No 2 traditionally involves getting yourself a clothing line, a reality show or a fragrance with an inane moniker like *Mysterious Moon Romance*,



but times they are a-changin' – cannabis companies are fast becoming the entertainer's investment of choice.

Via his venture fund Casa Verde Capital, rapper **Snoop Dogg** has put cash into a medical marijuana delivery app dubbed "Uber for weed". Eaze will connect California buyers with medical marijuana dispensaries so the drug can be delivered within 15 minutes. Meanwhile, ageing musical icon **Willie Nelson** is planning a breed of weed called Willie's Reserve and will launch it complete with a string of stores in American states where the drug is legal. Cypress Hill rapper

B-Real is in on the act too. He's opening a medical marijuana dispensary in California.

✚ **Jerry Seinfeld** continues to give good quotes. Announcing the next instalment of his web series *Comedians in Cars Getting Coffee*, he explained why he's chosen to work with the Sony-owned streaming site Crackle. "When you get to a certain point in the business, what a man is looking for in a network is the same as in his underwear. A little bit of support and a little bit of freedom."

✚ Did anyone make it through California's Coachella festival unscathed? **Madonna**'s still coping flak for initiating an aggressive game of tonsil hockey with a stunned-looking **Drake**, **Florence Welch** of Florence and the Machine continues to hobble around after she leapt off



From left: Seth Rogen, James Franco, Florence Welch, B-Real, Lacey Chabert, Pink, Amanda Seyfried, Kelly Clarkson.



the stage and broke her foot, and some festival-goers also came away the worse for wear. Poor old **Robert Pattinson** bopped along to Drake's set unaware that another audience member was filming his awkward dancing. The video was posted on Twitter and now his moves are getting bad reviews.

✚ **Tina Fey** and her husband are knee-deep in nastiness. The comedian/actor/writer/producer/expert-at-making-the-rest-of-us-look-talentless is penning a musical version of her hit film *Mean Girls* with her husband, composer **Jeff Richmond**. Richmond says they want to finish adapting the movie, which Fey scripted and starred in alongside **Lindsay Lohan**, **Rachel McAdams**, **Amanda Seyfried** and **Lacey Chabert**, during the American summer. Struggling to imagine which of the film's cutting lines will translate to

song? You're not the only one. Richmond told *Billboard*, "The most difficult part of the process is determining what are your best song ideas and what do you leave alone as dialogue?"

✚ Last year's dramatic saga over **Seth Rogen** and **James Franco**'s film *The Interview* could end up revolutionising film releases. Major US cinema chains refused to screen the comedy satirising **Kim Jong-un** after receiving threats. Sony ended up releasing the film simultaneously online and in small cinemas and the company's takings were impressive considering the circumstances. According to Hollywood industry news site *Deadline*, the release has inspired Netflix executives. They now want to release their forthcoming films simultaneously on the web and in cinemas. ■

TOP 10 CRIME & THRILLERS

- 1 **THE GIRL ON THE TRAIN**, by **Paula Hawkins** (Random House, \$36.99)
- 2 **THE STRANGER**, by **Harlan Coben** (Hachette, \$37.99)
- 3 **NYPD RED 3**, by **James Patterson** (Random House, \$36.99)
- 4 **14TH DEADLY SIN**, by **James Patterson** (Random House, \$36.99)
- 5 **PERSONAL**, by **Lee Child** (Random House, \$37.99)
- 6 **GONE GIRL**, by **Gillian Flynn** (Hachette, \$27.99)
- 7 **THE ASSASSIN**, by **Clive Cussler and Justin Scott** (Penguin, \$37)
- 8 **I AM PILGRIM**, by **Terry Hayes** (Random House, \$24.99)
- 9 **ONE MILE UNDER**, by **Andrew Gross** (HarperCollins, \$34.99)
- 10 **FALLING IN LOVE**, by **Donna Leon** (Random House, \$38.99)

TOP 10 FILMS

- 1 **FAST & FURIOUS 7**
- 2 **HOME**
- 3 **CINDERELLA**
- 4 **THE SPONGEBOB MOVIE**
- 5 **WOMAN IN GOLD**
- 6 **INSURGENT**
- 7 **THE AGE OF ADALINE**
- 8 **SHAUN THE SHEEP MOVIE**
- 9 **THE LONGEST RIDE**
- 10 **TINKERBELL AND THE LEGEND OF THE NEVERBEAST**

Fast & Furious 7's
Nathalie Emmanuel
and **Vin Diesel**.

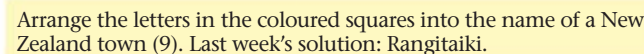


Clues across

1. From 1984 to 2002, who hit the honorary opening tee shot at The Masters? (3,5)
7. What is the religious faith of Muslims? (5)
8. Whose 1861 *Book of Household Management* was an important guide for the food served in *Downton Abbey*? (3,6)
9. What indicates a married woman's maiden name? (3)
- 10/11. Who wrote the first computer chess program, in 1951? (4,6)
13. In 1934, which gangster was gunned down on leaving a gangster film in Chicago? (4,9)
15. What is a list of subjects for a meeting? (6)
16. What is the name of all the pets in Monty Python's "Fish Licence" sketch? (4)
18. What is the monetary unit of Laos? (3)
20. In *Fawlty Towers*, what is the name of the racehorse Basil bets on, about which Manuel "knows nothing"? (9)
21. Kansai International Airport is close to which city? (5)
22. The title of which George Eliot novel is the name of a carpenter in the story? (4,4)

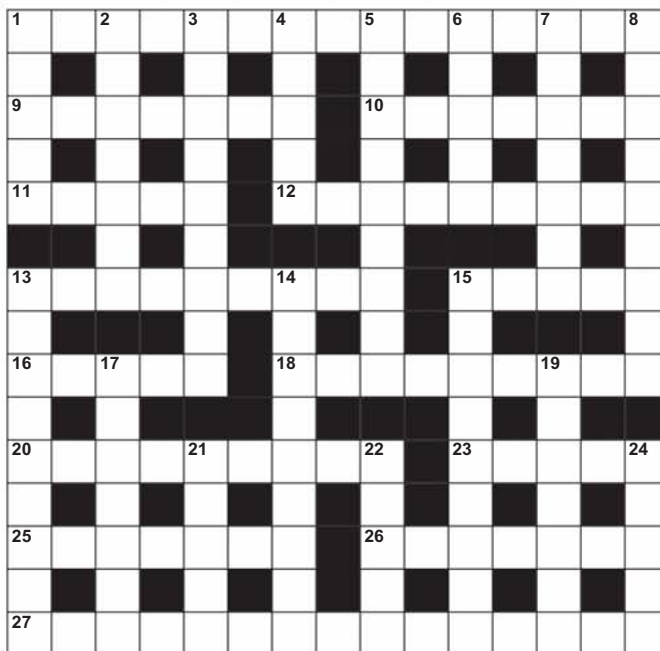
Clues down

1. Which lively ballroom dance comes from Brazil? (5)
2. In the *Bible*, who with Shadrach and Abednego were saved from being burnt alive in a fiery furnace? (7)
3. What might a turnip be called in Scotland? (4)
4. Which running coach is credited with popularising jogging? (6,7)
5. What simple weapon in the form of a strap is used to hurl stones? (5)
6. What instrument measures current in amperes? (7)
7. What word comes from Latin "lacking taste"? (7)
12. What is a list of extra items included at the end of a publication? (7)
13. What is an accumulated stake in a lottery? (7)
14. When born, what animal falls up to two metres to the ground? (7)
15. As birds are avian, what are bees? (5)
17. Who was Bonnie's partner in crime? (5)
19. What camera lens allows a smooth change from long shot to close-up? (4)



Down: 1 Cherokee, 2 Abseil, 3 Hats, 4 *Oklahoma!*, 5 Quatro, 6 Bias, 11 Brickbat, 13 Trombone, 16 Inmate, 18 Bartok, 20 Pies, 22 High.

Puzzle No 922



Clues across

1. Rainy days coming perhaps. That could make a few caterers hot (7,8)
9. Actual illuminated and revised version of Lear (7)
10. Transport Officer grabs roped off weapon (7)
11. Run away with your beloved to the East, North or South, backwards (5)
12. Hog cryptic puzzle, lacking clue initially yet making claim of ownership (9)
13. Market's up unreasonably for some beef (4,5)
15. Where the cowboy mounted a bronco with love? (5)
16. Turnover, I'd say, is stupendous in part (5)
18. Native let out to get some fresh air (9)
20. The name of the problem is said to include one ditty with backing (9)
23. Leaves site in error, unknown character goes in (5)
25. Nothing can, in set-up, produce civil disorder (7)

26. Try love secretly or in plain view (7)

27. Pure princely lad when
corrupted shows how
most things fall (15)

Clues down

1. Broad grabs large Oscar (5)
2. Fort collapses, held by member as sculpture perhaps (3,4)
3. Being controlled and exploited makes poor sense in difficult surroundings (9)
4. Republic, having lost its inn, produces a souvenir (5)
5. Nose put out of joint about approval, to be blunt (9)
6. A mistake made in backing Eisenhower or Reagan (5)
7. Retaliated by getting some land, eg Nevada, returned (7)
8. Couples tore madly around top of Kilimanjaro in a basic little motor (3-6)
13. Fall over after a serving of drinks to all present with a return ticket (5,4)
14. Foreseen in a different vein, an impressionist painter of dancers turns up (9)
15. Take forceful action in protest rallies he organised (5,4)
17. Our mean arrangements enchant (7)
19. Pilot comes from Tawa via Tory Channel (7)
21. One is involved in a racket (5)
22. An unemotional sort of man leaves monastic order (5)
24. Extract this from stylishly contrived arrangement in an artful manner (5)

Solution No 921

NORTH
 ♠ A
 ♥ J 9 5 4 3
 ♦ A K J
 ♣ K Q 5 3

WEST
 ♠ K Q 10 9 4 3
 ♥ Q 8 2
 ♦ 9 7 2
 ♣ 4

EAST
 ♠ 7 5 2
 ♥ 6
 ♦ Q 8 5 3
 ♣ J 10 7 6 2

SOUTH
 ♠ J 8 6
 ♥ A K 10 7
 ♦ 10 6 4
 ♣ A 9 8

Love all, dealer West

West	North	East	South
2S	Dble	Pass	4H
Pass	4NT	Pass	5C
Pass	5H	Pass	6H
All Pass			

West opened with a weak two in spades and North doubled for take-out. When South jumped to 4H, North decided that he was worth a Roman Key-card Blackwood call. The 5C response showed 0 or 3 of the five aces. It was barely possible that South did not hold either of the missing aces or the trump king, but North bid 5H anyway,

expecting his partner to advance with three controls. How would you play the heart slam when West leads the king of spades?

Declarer won with the bare spade ace, crossed to the ace of trumps and ruffed a spade. He then returned to his hand with the trump king, discovering he had a loser in that suit, and ruffed his last spade.

With all suits under control, South now conceded a trick to West's master trump. West had shown up with nine major-suit cards to East's four, so East was a big favourite to hold the queen of diamonds. Declarer won West's diamond switch with the ace and cashed the king of diamonds. This vital play freed up his ten of diamonds to act as a threat card against East.

Declarer then returned to his hand with the ace of clubs and cashed his remaining trump. East had no answer. He had to discard either the queen of diamonds or his guard on the club suit.

BIDDING QUIZ

WEST	West	North	East	South
♠ A Q J 9 8 2	-	-	3H	Pass
♥ 5	?			
♦ A 10 2				
♣ J 7 4				

What will you say now on these West cards? (Answer on page 64)

Wordsworth

by Michael Collins

When drivers fail to use their indicators, East Tamaki Heights' Mike Groves says it's a case of *nullus indicatus*. Tauranga's Bevan Grant bravely calls it *Taurangaitis*. Waipawa's Kate Highfield says they're a bunch of *hinderators*. Helensville's Anne Martin says these people, who are possibly heading for a *secret guesstination*, are a *hard act to follow*. Remuera's Peter Reid calls them *non-indicators*.

Says Dunedin's John Jones: "It might seem crude to signal an intention to *fork off* – so perhaps not surprising to code the message in *invisible blink*."

Karaka Bays' Bryan Cork sent in the sad tale of James, who was a *blinkin' idiot*: *James was in an awful plight./He could not tell his left from right./He panicked. He went straight ahead./And so he came to end up dead.*

Central Auckland's Rex McGregor says *blankety-blinkers* who don't indicate are *flash-lite* and guilty of *dereliction of direction*: *Are you going left/Or are you going right?/Or are you just bereft/Of a sense of what's polite?*

Paraparaumu's Joan Johnston: *I know where I'm going/And he knows where he's going./But as there's no light showing./Just where I am not knowing.*

But the winner is Woodhaugh's George Morris: *Not showing which way you are turning/Causes lots of nasty dings./In your car you'll find indicators./Come on, use the blinking things!*

The next competition comes thanks to last week's Internaut (tinyurl.com/NZInternaut). It mentioned *The Dictionary of Obscure Sorrows*, which contains an entry for the *realisation while talking to yourself that someone else is within earshot, leading you to cross-fade into mumbled singing*. For the prize below, send in your description of this by noon, May 7.

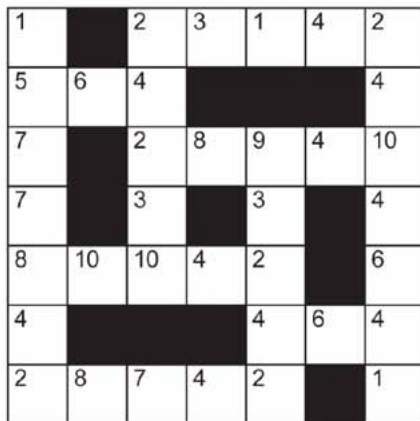
Submissions to wordsworth@listener.co.nz or Wordsworth, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141. Please include your address.

This week's prize

In this Australian miniseries, a 17-year-old lies about his age so he can enlist with his brother, and ends up fighting at Gallipoli in the disastrous campaign that helped forge the Anzac legend.



TAKE 5 by Simon Shuker



No. 1077

Enter the letter given, then solve.

2 = R

Solution 1076



For explanations of previous cryptic crosswords, see David Tossman's blog at www.listener.co.nz/cryptic-crosswords

BARDEN'S CHESS PROBLEMS



Sidney Johnston vs Frank Marshall, Chicago, 1899

Marshall was the US champion for more than a quarter of a century but he occasionally suffered horrible defeats, losing, in his own words, "like a child". In this game from his early career, the cigar-smoking grandmaster took his unknown opponent too lightly and fell into a difficult position. Marshall's previous turn was Ne4xBg3, and he was hoping for 1 hxc3 Kh8 to allow Black to fight on. But Johnston secured his niche in chess history by unleashing a forced sequence that led to the ignominy of checkmate for his eminent opponent. Can you spot White's winning plan?

(Answer on page 64)

su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

© Reuben's Puzzles

		4					9	
	3			2		4		
6	8		4			5		
		8		7			1	
	7			3		6		
		9			7		5	2
		7		8			6	
	4					3		

490

MEDIUM

							2	
4			1	2		7		3
3	2	5			6			
	9		3					
		3		5		8		
					7		9	
			6			9	4	8
9		2		4	1			6
	6							

301

HARD

LAST WEEK'S
SOLUTION

2	5	4	8	7	9	3	6	1
9	7	8	6	1	3	5	2	4
1	6	3	2	5	4	9	8	7
3	4	7	5	6	2	1	9	8
8	2	5	4	9	1	6	7	3
6	9	1	3	8	7	4	5	2
4	8	6	1	2	5	7	3	9
5	1	9	7	3	8	2	4	6
7	3	2	9	4	6	8	1	5

LAST WEEK'S
SOLUTION

3	8	4	6	7	5	2	9	1
7	5	2	9	1	3	4	8	6
6	9	1	2	8	4	5	3	7
4	6	7	5	2	8	9	1	3
9	3	8	4	6	1	7	2	5
1	2	5	3	9	7	6	4	8
2	7	9	8	3	6	1	5	4
5	1	3	7	4	2	8	6	9
8	4	6	1	5	9	3	7	2

KAKURO 464

	21	33	6	11	19		11	8	11	21	26
35						19					
17						35					
7			12			4				6	
16			8	15			10	14			
	11					18					
	45				7	23	16				
		32	12	5				4	13	34	
	45										
	21					7					28
12											
3			18	23		7	6			17	
7			16							14	
16			6							16	
35						28					

- Place a number from 1 to 9 in each empty box.
- The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
- Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

8	6	9	7			3	7	1	2
2	3	8	6	1		7	9	8	6
			8	5	9		9	8	
		5	9	2	7	6	8		6
	3	1				2	1	7	5
1	4	2			8	4	5	9	7
7	5			2	3	1			8
	7	5	3	8	9			8	9
5	8	7	6	9				3	4
3	9		5	7	3	4	2	1	
		1	7		5	2	1		
3	1	2	8			9	8	3	7
6	5	4	9				9	1	3

© Reuben's Puzzles

BRIDGE BIDDING QUIZ SOLUTION

You should pass partner's pre-emptive 3H opening. First of all, a response of 3S would be forcing and you have no wish to carry the bidding higher on this misfit. Apart from that, there is no reason to expect spades to make a better trump suit than hearts, where you expect partner to hold a seven-card suit.

Awards: Pass – 10, 4H – 4, 3S – 3, 3NT – 2.

CHESS SOLUTION

1 Ne7++ Kh8 2 Ng6+! hxxg6 3hxxg3+ Qh4 4 Rxh4 mate.

10 QUICK QUESTIONS ANSWERS

- Peru.
- A bitter lament.
- False. The near and far sides of the moon receive almost equal amounts of sunlight.
- Imbroglio.
- Calvin and Hobbes*.
- Steppenwolf, who released *Born to be Wild* in 1968.
- The Lovely Bones*.
- Gisborne.
- Pips.
- Mechanical calculator (invented by Blaise Pascal in 1642).

NOTICEBOARD

**Croatia Slovenia
Montenegro Albania
Macedonia Bulgaria**

26 wonderful days
escorted by Mandy Page

Ljubljana • Bled • Portoroz
Plitvice Lakes • Split
Hvar Island • Dubrovnik
Budva • Tirana • Ohrid
Skopje • Sofia

Departs 9 Sep, 2015

for free info pack,
phone Tours Direct: **\$12,900**
0800-868-748 per person
share twin

www.toursdirect.co.nz

**EXPERIENCE
FRANCE**

ESCORTED TOURS - unique
small group tour from Nice to
Toulouse in September 2015,
& guided walks in SW France

BARGE CRUISES - fully
escorted deluxe cruises
throughout France & Europe

CYCLING & WALKING - self-
guided holidays on byways,
tow paths & cycle tracks.

RENTAL BOATS - self-drive
canal boats through the
waterways of France & Europe

info@bespokefrance.co.nz
Freephone : 0800 147 856
www.bespokefrance.co.nz

**ACORN
STAIRLIFTS**

Regain the
freedom of
your home
with an
Acorn
Stairlift

VISIT
OUR NEW
SHOWROOM

Acorn Stairlifts
5a Lorien Place, East Tamaki
Auckland 2013

0800 782 407

Birkenstock Traveller

BIRKENSTOCK
Made in Germany • Tradition seit 1774

Best walking comfort
for Women & Men

For Sales & Stockists
www.birkenstock.co.nz

Tel: 0800 58 59 58

Footwear for Life

LISTENER

Welcome to the Noticeboard directory,
your guide to products and services
available throughout New Zealand.

The directory provides a unique, cost-
effective opportunity for advertisers,
large and small, to reach a highly
desirable target market.

READERSHIP: 201,000
CIRCULATION: 51,280

Source: Nielsen CMI (Jan-Dec 14), NZ Audit Bureau of
Circulations: Average Net Circulations: Jan-Dec 14

To Advertise here contact:
Kim Chapman
Ph: (07) 578 3646 Fax: (07) 578 3647
email: classifieds@xtra.co.nz

**The Russian Empire
SEPTEMBER 2015**

**India Old and New
OCTOBER 2015**

**Mexico: Mayan to Modern
OCTOBER/NOVEMBER 2015**

www.victoria.ac.nz/studytours

Central ASIA
Kyrgyzstan Uzbekistan
Turkmenistan

22 captivating days
escorted by Jill Worrall

Bishkek • Lake Issyk-Kul
Tashkent • Samarkand
Bukhara • Khiva
Ashgabat

Departs 24 Sep, 2015

for free info pack,
phone Tours Direct: **\$14,300**
0800-868-748 per person
(estimate)

www.toursdirect.co.nz

Larsmart Ltd

For Fair Priced Quality Luggage
www.larsmart.co.nz

50cm \$160 60cm \$170 70cm \$190

Save up to \$100 per case

LARSMART LTD
543 Blockhouse Bay Rd
Auckland
0800 5277 6278

**We all want to be famous people,
and the moment we want to be
something we are no longer free**

J. Krishnamurti www.kft.org

covertogs swimwear

more cover
more confidence

Covertogs are a new and
different brand of two-piece
tankini swimwear
for women who want a
bit more cover

www.covertogs.co.nz | Ph: 09 5338441

**2015
Save up to
\$1600
per couple***

Windstar - luxury yacht cruises in Tahiti

The luxury sailing yacht "Wind Spirit" offers the ultimate way to
experience the romance and beauty of French Polynesia. The
week-long voyage begins in Papeete and visits the islands of
Moorea, Taha'a, Raiatea, Huahine and the paradise of Bora Bora.

Your 10 night package includes the 7 night "Wind Spirit" cruise in
Category B Stateroom; with all meals aboard. Plus return economy
class Air Tahiti Nui flights, Tahiti transfers, three nights pre/
post cruise accommodation at Manava Suite Resort Tahiti; with
continental breakfast, and all pre-payable taxes.

2015 Specials:

10 nights from \$4,699* pp twin share ex AKL
10 nights from \$4,999* pp twin share ex WLG/CHC
Departs Weekly - From May 2015

**PLUS: Chauffeur driven luxury car transfers
to/from relevant international airport***

Ultimate CRUISING THE ISLANDS of **TAHITI**

For more information contact "The Small Ship Specialists"
0800 4 ULTIMATE (0800 485 846) www.ultimatecruising.co.nz

* Conditions apply. Based upon "Q" class airfare. Subject to availability. All costs in NZ Dollars. See website
for full conditions. Transfers valid up to 35kms from airport. Ultimate Travel Group Pty Ltd.
Office Hours 9:00am to 5:30pm Mon-Fri #556N



The mod squad

Our Girl gives a contemporary twist to the usual army action, plus this time it's a woman in the firing line. **by entertainment editor FIONA RAE**

Just in case our appetite for army-themed programming hasn't been sated, BBC series ***Our Girl*** (TV1, Sunday, 9.30pm) starts this week. This is the modern British army, however, which differentiates it from the World War I dramas we've seen lately – and while *Our Girl* is broadly about the camaraderie of army life, it's really all about the journey of a working-class Londoner from the East End.

Our Girl has been a big hit in

the UK, probably because of its secret weapon – Lacey Turner, the actress who has won more British Soap Awards than anyone else, including Best Actress at the tender age of 17. The awards were for her turn on *EastEnders* as Stacey Slater, who she played for six years until 2010. The one-off pilot of *Our Girl*, which was created for her, was so popular that the BBC decided it wanted five more episodes.

Turner plays Molly Dawes,

unhappy, bored, restless. Her dad's a feckless, controlling alcoholic, her mum's working on her sixth baby and her boyfriend and her best mate cheat on her at the pub where they're supposed to be celebrating Molly's 18th birthday. So she joins the army, where they're going to make a combat medical technician out of her, but not before the assault-course montage with a bellowing commanding officer and the

rigours of basic training and kit inspections. It's a not-so-subtle recruitment ad, really, except that Turner has an amazing mix of feistiness and vulnerability that makes her terrifically watchable.

"I thought it would be really interesting to write about the war from the perspective of a new recruit such as a private like Molly," says creator Tony Grounds. "Especially when prior to her army training she wouldn't have even known

TELEVISION
Bodyshockers
Plastic surgery
regrets, they've
had a few

69



ONLINE
Get sweded
Small-budget
recreations of
big-budget films

69



MOVIES
*Silence in the
House of God*
Alex Gibney
takes on abuse

71



Television

by FIONA RAE

The Best of the Week



Our Girl, Sunday.

Penny Dreadful, Tuesday.

where Afghanistan is, let alone how to spell it."

Aside from the fact that it seems like an argument against women in the military, a love triangle develops between Molly, her commanding officer Captain James (Ben Aldridge), and another private, Dylan "Smurf" Smith (*Misfits*' Iwan Rheon, also known as the sadistic Ramsay Snow in *Game of Thrones*), a Welsh charmer with a bit of a dark secret.

Reviews suggest, however, that there's plenty of action to distract from all the feelings when Molly is deployed to Afghanistan, goes on patrol, gets fired at and generally has to be exceptional before her squad accept her as one of the lads. That's army life for you. ■

SATURDAY MAY 2

The ITM Fishing Show (TV1, 5.00pm). Armchair fishers, have at it. Matt Watson is on the water again for a new, thrilling series. This week, he's joined by Marc Ellis. For more piscine excitement, a new series of **Get Your Fish On** has started on **Maori TV** (Thursday, 8.00pm), in which Mandy Kupenga takes on locals at their own game. This week, she's in a snapper contest with rugby league legend Wairangi Koopu.

Highway Thru Hell (TV3, 7.30pm). *Ice Road Truckers*' natural successor: a series about the guys who clean up when there's a slip twixt rubber and ice on the deadly

Coquihalla Highway. The show focuses on Jamie Davis Motor Truck & Auto, a heavy-vehicle rescue company based in Hope, British Columbia. It's tough and manly men doing tough and manly things, but they're Canadians, so it's in a nice way.

Cricket (Sky Sport 4, Sky 054, 2.20am Sun). There are nine New Zealand players in the Indian Premier League, the most-watched Twenty20 tournament in the world, and four of them feature in

this morning's game from Hyderabad. Fast bowler Trent Boult and batsman Kane Williamson's Sunrisers Hyderabad will meet Brendon McCullum and Matt Henry's Chennai Super Kings. On Monday, the Super Kings take on the Daniel Vettori-coached Royal Challengers Bangalore (Sky Sport 4, Sky 054, 10.20pm), who are at the bottom of the table.

Good for a Laugh!
Good Work, E!, Wednesday, 9.30pm

TUESDAY MAY 5

Penny Dreadful (SoHo, Sky 010, 8.30pm). It might be a Victorian-era mash-up of horror characters (a bit like



Bodyshockers, Thursday.

The League of Extraordinary Gentlemen), but it's its own thing, having made Eva Green's character Vanessa Ives sufficiently mysterious and the direction of the plot unpredictable. In fact, we're yet to turn all the pages on these penny horrible characters. Dorian Gray (Reeve Carney), Victor Frankenstein (Harry Treadaway) and his monster Caliban (the terrific Rory Kinnear) we know a little, but what of Sir Malcolm Murray (Timothy Dalton), Sembene (Danny Sapani) and Ethan Chandler (Josh Hartnett)? The

fun begins with Madame Kali (Helen McCrory), a spiritualist who's going after them all in the second season.

Trust Me, I'm a Doctor (BBC Knowledge, Sky 074, 8.30pm). That Michael Mosley is everywhere: in this BBC series, he's part of a team investigating hot medical topics. Ironical, really, as he isn't a doctor. In episode one, he looks into vitamin D, while surgeon Gabriel Weston is in the US to see a procedure that's helping the paralysed to regain movement and Salehya Ahsan looks at the evidence for

acupuncture, which, in the UK can be prescribed by GPs. But wait, there's more Michael Mosley.

In The Truth About the Mind (BBC Knowledge, Sky 074, Wednesday, 8.30pm), he and Alice Roberts investigate the difference between male and female brains.

WEDNESDAY MAY 6

The Bachelor NZ (TV3, 7.30pm). We're all on tenterhooks

waiting to see who Art's chosen, and then we can put this sorry chapter in New Zealand television history behind us.

THURSDAY MAY 7

Grand Designs (TV3, 7.30pm). It's difficult to pinpoint the particular magic of the *Grand Designs* series, yet here it is in its 12th season (there are 14 in all, not counting the various spin-offs and specials), still finding huge and interesting building projects. Perhaps it's the almost impossible tasks that homeowners set themselves, the overweening faith and vision that sustains them through the dark nights of the soul or the sheer bloody-mindedness. Kevin McCloud isn't sick of it, either. It's a "dream ticket for me", he says.



Lost & Found (TV3, 8.30pm). *Missing Pieces* goes super-sized. David Lomas and his team of researchers and genealogists have a full commercial hour to help people

Grand Designs, Thursday.

Documentaries by FIONA RAE

TV1 reminds us of some of our darkest days with another series of **Descent from Disaster** (TV1, Wednesday, 8.30pm). It began last week with a special Gallipoli episode and carries on with a look back to 1968 and the cyclone that sank the Wahine on April 9. Presenter Karen Olsen has a personal

connection to the story, as her aunt and uncle were on the inter-island ferry that went down in the mouth of Wellington Harbour with the eventual loss of 53 lives. The cyclone was the worst recorded up until then and left a swath of destruction in the upper North Island before it hit Wellington with

winds up to 275km/h, ripping the roofs off 98 houses in one suburb alone.

He has been bombarded in Afghanistan, faced down armed guerrillas in Papua New Guinea and met some of the worst scum of the earth; you'd think Ross Kemp would like a break from the world's most dangerous places, but here's another series of **Ross Kemp: Extreme World** (Prime, Tuesday, 9.35pm). When he began making his investigative documentaries

after leaving *EastEnders*, they seemed like an affectation – look, he's well 'ard in real life – but over the years, Kemp has shown his mettle in places as disparate as the Congo and Moscow. In the first episode this week, he's in Rio de Janeiro investigating the crack-cocaine epidemic.

Time for something more cheery: **In and Out of Hell** (Prime, Tuesday, 8.30pm) is, ah, another man's journey in and out of the darkness. Okay, perhaps

search for family members or what's described as their "cultural past". Lomas says the extended time has allowed them to expand the stories: "With *Missing Pieces* we were often cutting stories back to fit the half hour. We were losing bits that were quite powerful moments." Seekers featured in the programme include a woman adopted from a Romanian orphanage, a woman who never knew the identity of her father and a film-maker of Ngati Porou descent searching for his Irish ancestors.

Bodyshockers (TV3, 9.30pm).

The programme where the only reasonable response is, "What were you thinking?" Katie Piper, the British model famously disfigured in an acid-throwing attack, presents a second series of *Bodyshockers* subtitled *Nips, Tucks and Tattoos*. Here, she meets people who regret what they've done to their bodies and introduces them to others contemplating doing something similar. "We're losing perspective on how invasive and permanent these things are," she told the *Belfast Telegraph*. In other plastic-surgery-gone-wrong programming news, there are new episodes of **Botched** starting this week (**EI, Sky 011, Tuesday, 9.30pm**), in which doctors Terry Dubrow and Paul Nassif correct unsuccessful cosmetic procedures.



FRIDAY MAY 8

The Odd Couple (Prime, 7.30pm). Neil Simon's beloved stage play that became a beloved sitcom in the 1970s gets another iteration, this time starring Matthew Perry and Thomas Lennon. Anyone born in the second half of the 20th century will know it's about divorced roomies Oscar and Felix, a slob and a neat freak respectively, who find common ground. Reviews have been mixed, as they say ("Good casting provides some hope, but this still feels oh so 20th century," said *Variety*), but it always seems unfair to write off a sitcom until at least halfway through the season: you never know, it could become the next *Two and a Half Men*, which is surely what CBS is hoping for. Prime follows *The Odd Couple* with new episodes of **Modern Family**.

Homai te Pakipaki (Maori, 8.30pm). The popular singing competition is back for another year. There'll be no mean judges, no lavish stage production, no dancers – the better voice will win on the night.

Brown Eye (Maori, 9.30pm). *The Daily Show* comes to Maori Television? Perhaps – there aren't many details about this series, except that it's a satirical news show with, ahem, a Maori perspective.

In and Out of Hell, Tuesday.

"cheery" isn't the right word, but at least there will be music, as this is a biography of Meat Loaf, the American singer-songwriter whose life reads like an Irvine Welsh novel. Born Marvin Aday, Meat escaped a childhood of domestic violence in Dallas, but spent years working in bands and on stage before the huge success of *Bat Out of Hell* in 1977.

Online by FIONA RAE

Catch of the Week



GAME ON: Downloaded *Game of Thrones* yet? Millions of people did when the first four episodes of season five were leaked online. We don't condone such naughty goings-on, but if you don't have SoHo or Neon, we recommend the 1001 *Game of Thrones* spoofs on YouTube. *Late Night with Seth Meyers* recently had Jon Snow over for dinner: tinyurl.com/NZLjonsnow. *Saturday Night Live* did a *Boyz n the Hood* mash-up: tinyurl.com/NZLboyz. Even *Sesame Street* is playing *Game of Chairs*: tinyurl.com/NZLsesame. And, it's a year old, but Jimmy Fallon's *Game of Desks* is worth another look: tinyurl.com/NZLdesks

BACK TO THE FUTURE: These days, Hollywood blockbusters are a curious mix of spectacular CGI and nostalgia. *Jurassic World*, *Mad Max: Fury Road* and *The Man from Uncle* are due this year, but by far the most anticipated is JJ Abrams' *Star Wars: The Force Awakens*, which is scheduled for December. The latest teaser trailer had grown men weeping, apparently, to see stormtroopers, X-wings, the Millennium Falcon and especially Han Solo and Chewie: tinyurl.com/NZLstarwars. For the super-nerdy, here's a 26-minute analysis of the two-minute trailer: tinyurl.com/NZLanalysed

HOPE AND WIRE: If you're sick of the whole big-budget thing, how about a "sweded" movie instead? The term comes from the 2008 Michel Gondry flick *Be Kind Rewind* and means an amateur recreation using little more than cardboard and duct tape. There are tons of them, including, of course, the first *Star Wars: The Force Awakens* trailer: tinyurl.com/NZLsweded



For links go to www.listener.co.nz/online



Inception, Saturday.

TV Films by FIONA RAE

A Guide to the Week's Viewing

SATURDAY MAY 2

Flash Gordon (Maori, 7.30pm). A camp classic, with music by Queen and costumes by Italian designer Danilo Donati, who worked with Zeffirelli, Fellini and Pasolini. Director Mike Hodges seemed to be referencing both the crazy glam 70s and earlier cinema serials starring Buster Crabbe as Flash, and he told an interviewer in 2010 that his American male friends who had been brought up with *Flash Gordon* said a lot of their sexual fantasies had come from it, so "I capitalised on that". Crikey, what will the

kids make of it now? Some interesting names appear in the cast, including Timothy Dalton, Brian Blessed, Max von Sydow (Ming the Merciless) and Robbie Coltrane as "Man at Airfield". Sam J Jones, whose career afterwards was deeply mediocre (he was nominated for Worst Actor in the 1st Golden Raspberry Awards, an honour that went to Neil Diamond in *The Jazz Singer*), is Flash. (1980) ★★★★★

Inception (TV2, 8.40pm). Christopher Nolan's mind-bending blockbuster is so technically exciting you tend to forget the great big logic hole at the centre of the story

– don't advertisers seed ideas in people's minds every day? But, wow, those set pieces: the Paris streets that fold like a cardboard box; the MC Escher stairs; the slo-mo, rotating fight in a hotel corridor; the vast, crumbling buildings. Edge-of-the-seat was never this ... mental. (2010) ★★★★★

42 (TV1, 10.30pm). Not the answer to life, the universe and everything; actually a fairly traditional biopic about American baseball player Jackie Robinson, the first African-American to play in the major leagues. His signing to the Brooklyn Dodgers in 1945 effectively

ended racial segregation in the sport. The story focuses largely on the Dodgers' 1947 season and the racism that Robinson (Chadwick Boseman) faced, even from his own teammates. However, he has a couple of champions: executive Branch Rickey (Harrison Ford), who signed him, and manager Leo Durocher (Christopher Meloni), who insists on Robinson's inclusion, even after most of the players signed a petition refusing to play with him. (2013) ★★★

Legion (TV2, 11.40pm). Finally, God shows his hand, and he's not best pleased. It's the end of days, unless Paul Bettany as the archangel

42, Saturday.



Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing).



A Single Man,
Sunday.



White House Down,
Sunday.

Michael can save the saviour (a special baby boy, of course) and stop all the angels from destroying the human race. If this nonsense does appeal, however, spin-off TV series *Dominion* has been screening on The Zone. (2010) ★★

SUNDAY MAY 3

Transformers (TV3, 8.00pm). Michael Bay, not usually known for his light touch, keeps the first live-action film of the beloved Transformers franchise upbeat, amply aided by boyishly charming lead Shia LaBeouf (where did that guy go?). It begins as a simple tale of a boy, a car and the girl (Megan Fox) he's crushing on, and leads – just as it should – to a huge battle between the robots. It's a shame that Bay then threw the toys out of the sandpit and overcooked the franchise with three terrible sequels (a fifth is on the way, without Bay). (2007) ★★★★★

White House Down (TV2, 8.30pm). An action flick from film veteran Roland Emmerich that ticks all the right boxes and doesn't make the bad guys Muslim, Russian or North Korean (as in the similarly themed and much more dour *Olympus Has Fallen*, which screens on Sky Movies Premiere on Saturday). Instead, it's a home-grown terrorist attack on the White House, the Capitol and Air Force One. Emmerich also avoids the cliché of making the Pres a man of action; Jamie Foxx is something of a doofus, although prepared to step up, natch. Channing Tatum, who, let's face it, looks awfully good in a white singlet, is visiting the White House with his daughter when the attack happens and leaps into action to protect the President. Emmerich might be saying something about the anti-Iran hawks in Washington, but it's ultimately

lost in the spectacle. (2013)

★★★★

A Single Man (Choice TV, 8.30pm). Damn, Colin Firth looks good in the 60s. He and Julianne Moore are beautifully art directed in this adaptation of Christopher Isherwood's novel – not surprising, as it's the feature debut of fashion designer Tom Ford, who financed the movie, wrote the adaptation and shot it in 21 days. It's a day in the life of depressed English professor George, who's mourning the death of his partner (Matthew Goode, gorgeous in flashback) eight months previously. Possibly, the Cuban Missile Crisis also feeds into George's plan to commit suicide, and the detail and beauty of life seem more vivid as he goes through the day making contact with his friend Charley (a splendid Julianne Moore), a precocious student (Nicholas Hoult) and a hustler (Jon Kortajarena). Firth was nominated for an Oscar and a Golden Globe, and won a Bafta for the role. (2009)

★★★★

TUESDAY MAY 5

Mea Maxima Culpa: Silence in the House of God (Maori, 8.30pm). Alex Gibney is emerging as the 21st century's finest documentarian: with *We Steal Secrets: The Story of WikiLeaks*; *Enron: The Smartest Guys in the Room*; *Taxi to the Dark Side*; *The Armstrong Lie*, he has taken on some of this era's most exigent topics (his latest film, *Going Clear*, about Scientology, was HBO's second most-watched doco in the past 10 years). In this film, Gibney tells of sexual abuse of children in the Catholic church via the stories of four deaf men who brought the first known case of abuse

against an American priest. Their lawsuit led to revelations of widespread abuse by a supposed man of God who taught at a school for the deaf in Milwaukee. The film exposes the church's protection of not only this man, but any accused priest. It's shocking, of course, but Gibney handles his subjects sensitively as they sign their stories, employing actors Jamey Sheridan, Chris Cooper, Ethan Hawke and John Slattery to relate the words. (2012) ★★★★★

FRIDAY MAY 8

Trance (Four, 8.30pm). Danny Boyle, usually fairly concise, has too many twists and turns to deal with in Joe Ahearne's story about an auctioneer (James McAvoy) who becomes involved in the theft of a painting (Goya's *Witches in the Air*) from his own auction house. However, after he's clocked on the head by the gang leader (Vincent Cassel), he can't remember what he did with it, and Cassel sends him to a hypnotist (Rosario Dawson). It's a mind-warp for McAvoy's apparently simple Simon and Boyle plays, albeit stylishly, with what's real and what's in his head until we're not sure which way is up. (2013) ★★★



Transformers, Sunday.

Radio by FIONA RAE

The Best of the Week

SUNDAY MAY 3

Insight (RNZ National, 8.12am).

The recent revelation that Teina Pora had been diagnosed with fetal alcohol spectrum disorder (FASD) has thrown into sharp focus the lack of any kind of plan relating to FASD. It's estimated that around 3000 FASD babies could be born every year, and a 2013 select committee called for systems to be put in place by this month to deal with the issue. Needless to say, that hasn't happened. In the course of her investigation, Philippa Tolley speaks to families and justice officials about the impact of the disorder and what should be done to help those affected.

Spectrum (RNZ National, 12.12pm). If we're still debating it, then it's still a thing, so maybe it's time to look back on the early days of feminism to see how far, or not, we've come. *Spectrum's* Lisa Thompson meets two women who put their ideas about gender

roles and child-rearing into practice more than 40 years ago. In 1972, Dunedin friends Fern Mercier and Linley Scott bought a clapped-out house in Auckland's Freemans Bay for \$14,000 and with a group of others established an urban commune. The community grew to include three other houses, touching the lives of hundreds of people who passed through. Although the commune dissolved in 1985, "the fact that we've raised amazing children – well then, we've done everything we could", says Scott.

Young New Zealand (RNZ Concert, 3.00pm). The next Gareth Farr, Gillian Whitehead or, indeed, Douglas Lilburn may be among the finalists in the 2014 Lilburn Composition Prize, which were recorded at the University of Auckland last year. Works include Josiah Carr's *Mongamonga Ngaro*, which is inspired by the declining number of native birds; Callum Blackmore's *I Pay*



Pianist Tony Lee, *Music Alive*, Monday.

Them in Eskimo Kisses, which is based on tweets from a parody Tilda Swinton account; and Eleanore Chen's *In Memory of the Departed*, written as a tribute to a beloved uncle.

Lee. The Philharmonic also performs Douglas Lilburn's *Symphony No 2*.

WEDNESDAY MAY 6

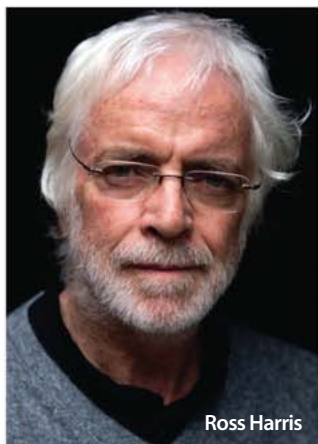
The Wednesday Drama: The Cactus Flowers (RNZ National, 9.06pm). The first of the two winning dramas from last year's 24th International Radio Playwriting Competition, an event run by the BBC World Service and the British Council. Zimbabwean Virginia Jekanyika was the winner in the English as a Second Language category with *The Cactus Flowers*, a story about three women trying to pull themselves out of poverty at a lakeside resort. ■

MONDAY MAY 4

Music Alive (RNZ Concert, 8.00pm). They're playing our music there: a concert of works by New Zealand and Australian composers to mark the 100th anniversary of Anzac Day, recorded in Salford by the BBC. The BBC Philharmonic performs *Sinfonietta* by Sydney's Malcolm Williamson, followed by the UK premiere of Gareth Farr's *Piano Concerto*, performed by pianist Tony

Concert music

Composer of the week ROSS HARRIS (b 1945)



Ross Harris

SUNDAY MAY 3, 9.00am:

Elizabeth Kerr profiles New Zealand composer Ross Harris, marking both his 70th birthday on August 1 this year and New Zealand Music Week (RNZ, R, Mon, 7.00pm).

MONDAY MAY 4, 9.00am: Trio for

Flute, Viola and Harp, Jennifer White (fl), Rebecca Harris (harp), Vyvyan Yendoll (vla); *To a Child*, realised by the composer; *Dreams, Yellow Lions*, David Griffiths (bar), Richard Panting (vln), Josephine Young (cello),

David Armstrong (flugelhorn), June Byng (bass cl)/Ross Harris; *Ricochet*, Strike.

MONDAY MAY 4, 7.00pm: A repeat of Sunday's programme.

TUESDAY MAY 5, 9.00am:

Bremner Aria, David Bremner (tbn), National Youth Brass Band of New Zealand/Nigel Weeks; *Shadow Music*, realised by the composer; *Symphony No 2*, Madeleine Pierard (sop), Auckland Philharmonia/Marko Letonja.

WEDNESDAY MAY 6, 9.00am:

Echo, Mary Robbie (tpt), tape delay system; *Wild Daisies*, Anna Pierard (mezzo), Emma

Sayers (pno); *Dance Suite for Saxophones*, Kate Ingram-Robertson (alto sax), Saxcess; *To the Memory of IS Totzka*, Susan Roper (sop), Victoria University Ensemble/Peter Walls.

THURSDAY MAY 7, 9.00am: Piano

Prelude, A Landscape with Too Few Lovers, Henry Wong Doe (pno); *Symphony No 3*, Auckland Philharmonia/Marko Letonja.

FRIDAY MAY 8, 9.00am:

Vobiscum in Aeternum, Tudor Consort/Michael Stewart; *String Quartet No 5, Songs from Childhood*, New Zealand String Quartet; *Cello Concerto*, Li-Wei Qin (cello), Auckland Philharmonia/Gary Walker.

TV1

FREEVIEW 1 SKY 001

- 6.00 Te Karere** (R, C)
6.30 Hyundai Country Calendar (G, R, **HD, C**) Officer and a Gentleman: The general who led NZ troops during WWI came home to build a farming heritage that still flourishes in Hawke's Bay, three generations on.
7.00 Rural Delivery (G, **HD**) Today: Creating more value from the chain at Alliance Group.
7.30 Infomercials
9.00 Tagata Pasifika (**HD**)
9.30 Come Dine with Me Australia (PGR, R)
12.00 There's No Taste Like Home (G, R) Today: Gino D'Acampo heads to a restaurant in Reading.
1.00 Annabel Langbein the Free Range Cook (G, R, **HD, C**) A French Country Table: Annabel visits a hazelnut orchard.
1.30 Highway Cops (PGR, R, **HD, C**) Today: It is man versus fence on the streets of Hokitika.
2.00 Four Weddings USA (G)
3.00 Code:1 (PGR, R, **HD, C**)
3.30 Border Security: International (G, R, C)
4.00 Topp Country (G, R, C) Pork: Lynda and Jools meet free-range pig farmers Lord and Lady Havoc.
4.30 Taste of a Traveller (**HD, C**) Brett McGregor demonstrates the flavours and recipes of Vietnam, Cambodia and Thailand.
5.00 The ITM Fishing Show (G, C) No Boat No Worries: Matt Watson and Marc Ellis scout out some locations for land-based fishing.
6.00 ONE News (C)
7.00 Hyundai Country Calendar (G, **HD, C**) Pig Tales: A couple give up city life to farm heritage breeds of pigs in a free-range environment.
7.30 Frozen Planet (R, C, **AD**) UK documentary series that looks at life in the Arctic and Antarctic.
8.35 Coronation Street (PGR, C, **AD**) Tonight: Secrets and lies tumble out at Izzy's meal.
9.35 Nashville (PGR, C) Crazy: Maddie's news goes viral and stirs a media frenzy.
10.30 42 (2013, PGR, C) Based on the life of baseball legend Jackie Robinson. Chadwick Boseman, Harrison Ford, Nicole Beharie, Alan Tudyk. **Films, page 70**
11.00am Gavin and Stacey (PGR, R, C, **AD**)
1.50 Soccer English Premier League, Liverpool v Queens Park Rangers, from Anfield, Liverpool, live.
4.00 Infomercials
5.30 - 6.00 The Key of David

TV2

FREEVIEW 2 SKY 002

- 6.00 Guess How Much I Love You** (G, R, C)
6.10 Wiki the Kiwi (G, **HD, C**)
6.20 Transformers Rescue Bots (G, R, C)
6.40 Doc McStuffins (G, C)
7.05 The Jungle Bunch: To the Rescue! (C)
7.25 Ben 10: Omniverse (C)
7.50 Phineas and Ferb (G, R, C)
8.15 Green Lantern: The Animated Series (G, R, C)
8.45 Adventure Time (G, C)
9.10 Regular Show (G, C)
9.35 Lab Rats (G)
10.00 Fresh
10.30 Switched at Birth (PGR, C)
11.30 The 100 (PGR, C)
12.30 The Hero (G, C)
1.30 Malibu Country (G, R, C)
2.00 The Bachelor Australia (G, C)
3.00 The Fosters (PGR)
4.00 Step by Step (G, R, C)
4.30 Full House (G, R, C)
5.00 America's Funniest Home Videos (G, C)
5.30 The Amazing Race (G, C, part 2 of 2) Amazing Crazy Race: After four continents, nine countries and more than 56,000km, the final four teams race to the finish line in Alaska.
6.30 Joey (G, R, C) Joey and the Roadtrip: When a celebrity judge for a Las Vegas beauty pageant suddenly cancels, Joey is asked to replace him.
7.00 The Iron Giant (1999, G, R, C, **AD**) A young boy rescues a huge robot which has rocketed to earth from space and sets out to protect the friendly giant from a nosy government agent. Voices of Eli Marienthal, Harry Connick Jr, Jennifer Aniston, Vin Diesel, M Emmet Walsh.
8.40 Inception (2010, AO, R, **HD, C, AD**) In a world where it is possible to enter the human mind by invading a person's dreams, a highly-skilled thief is offered a chance at redemption by executing his toughest job to date. Leonardo DiCaprio, Joseph Gordon-Levitt, Ellen Page, Ken Watanabe, Tom Hardy. **Films, page 70**
11.40 Legion (2009, AO, R, C) A group of strangers fight for the welfare of humanity. Paul Bettany, Lucas Black, Charles S Dutton. **Films, page 70**
1.35am Season of the Witch (2011, AO, R, C) A knight and his comrade are asked to deliver a suspected witch to a monastery in order to stop the plague ravaging the land. Nicolas Cage, Ron Pearlman.
3.15 Fighting (2009, AO, R, C) Channing Tatum.
5.05 Fresh (R)
5.30 - 6.00 It Is Written

TV3

FREEVIEW 3 SKY 003

- 6.00 Charles Stanley** (G, R)
6.30 Rheem Outdoors with Geoff (G, R)
7.00 Trade Zone Gone Fishin' (G, R, **HD**)
7.30 Infomercials
9.30 The Nation
10.30 The X Factor NZ (G, R)
1.00 The Bachelor NZ (PGR, R, C)
2.55 The Face Australia (G, R)
4.00 Gordon Ramsay's Ultimate Home Cooking (G, R, C)
4.30 Native Kitchen (G)
5.00 Trade Zone Gone Fishin' (G, **HD, C**)
5.30 The Simpsons (G, C)
6.00 3 News
7.00 Storage Hunters (PGR)
7.30 Highway Thru Hell (PGR, **HD**) Canadian documentary series that follows the work of a heavy vehicle recovery firm.
8.30 CSI: Crime Scene Investigation (AO, R, C) Torch Song: The CSIs investigate a fire at a music venue.
9.25 Chicago PD (AO, C) 8:30PM: The Intelligence Unit works furiously to find those responsible for an explosion at Chicago Medical.
10.25 Hawaii Five-0 (AO, C) Fair Winds and Following Seas: McGarrett and Catherine travel to Afghanistan.
11.25 The Blue Rose (AO, R, C) Hand in Glove: The Blue Roses work get justice for Rose.
12.25am Infomercials
5.00 Hillsong (G, R)
5.30 - 6.00 Charles Stanley (G, R)

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes** **9.45 Infomercials** **2.00 Sesame Street** (G, R) **2.55 Pingu** (G, R) **3.00 Barney and Friends** (G, R) **3.30 Infomercials** **4.30 Pukana** (G)
5.00 Big Time Rush (G, R) **5.30 Mr Young** (G) **6.00 iCarly** (G, R)
6.30 The Land Before Time (1988, G) A group of dinosaurs go in search of a great valley, but the young become separated from their parents during an earthquake and must survive on their own. Voices of Gabriel Damon, Candace Hutson, Judith Barsi, Will Ryan.
8.00 Godzilla (1998, PGR, R, C) A monster of gigantic proportions attacks New York City after it is awakened by nuclear testing in the Pacific. Matthew Broderick, Jean Reno, Maria Pitillo, Hank Azaria, Harry Shearer. **10.40 90210** (PGR, R) Mama Can You Hear Me?: Holly and Naomi are forced to work together in order to repair Holly's relationship with her mum, who is also Naomi's boss. **11.30 Just Shoot Me!** (PGR, C) Maya Stops Thinking: Maya discovers that her one-night stand has been hired to work at Blush. **11.55 - 6.00am Infomercials**



TV2: Inception, 8.40pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
11.30 NRL Fulltime (G)
Noon The Crowd Goes Wild Omnibus (G, R)
2.30 Whose Line is it Anyway USA (PGR, R)
3.00 Fast Food Baby (PGR, R)
4.00 Rivers (G, R)
5.00 Ados Addicted to Fishing (G)
5.30 Prime News
6.00 The Chef's Apprentice (G, R)
6.30 Jamie at Home (G) Tonight: Winter veg recipes.
7.00 Storage Wars: Canada (PGR)
7.30 James May's Man Lab (PGR) Tonight: James May attempts Man Lab's most secretive and risky stunt to date.
8.35 Top Gear USA (AO) Minnesota Ice Driving: The guys test drive cars on ice.
9.35 Super Rugby Blues v Force, from Eden Park, Auckland.
11.35 Sleepy Hollow (AO, R)
12.30am - 6.00 Home Shopping

MAORI

FREEVIEW 5 SKY 019

- 6.30 Pokoro** (G, R)
7.00 Dora Matatoa (G, R)
7.30 SpongeBob Tarau Porowha (G, R)
8.00 Tribe (G, R)
8.30 Te Kaea (R)
9.00 Te Iti Kahurangi (G, R)
9.30 Kai Time on the Road (G, R)
10.00 Toku Reo (G, R)
2.00 The Big Hit (R)
2.30 Whanau Living (PGR)
3.00 Home Krew (PGR)
3.30 2015 Waka Ama Sprint Nationals (G)
4.30 City Slickers Rodeo (G, R)
5.00 Project Whenua (G, R)
5.30 Te Kaea
6.00 Te Irikura (G)
6.30 Death Threat (AO) Buck Shelford presents a men's health series.
7.00 Te Kaea (R)
7.30 Flash Gordon (1980, PGR) A football star tries to stop an evil emperor destroying the Earth. Sam J Jones, Max von Sydow. **Films, page 70**
9.35 Incendies (2010, AO, R) Twins travel to the Middle East to fulfill their mother's last wishes. Lubna Azabal.
11.55 - 12.25 Te Kaea (R)

SKY PREMIERE SKY 030

- 6.00** **Predestination** (2014, M) Ethan Hawke.
- 7.15** **The Lone Ranger** (2013, M) Johnny Depp.
- 9.55** **Rob the Mob** (2014, 16) Michael Pitt.
- 11.40** **Predestination** (2014, M) Ethan Hawke.
- 1.20** **One in the Gun** (2010, 16) Steven Man.
- 2.50** **The Lone Ranger** (2013, M) Johnny Depp.
- 5.20** **Odd Thomas** (2014, M) Anton Yelchin.
- 7.00** **Beyond** (2012, M) An obsessive police detective teams up with a TV psychic who claims to see visions of a missing child. Jon Voight.
- 8.30** **Olympus Has Fallen** (2013, 16) When terrorists seize the White House, a disgraced Presidential guard becomes the only hope. Gerard Butler, Morgan Freeman, Aaron Eckhart.
- 10.30** **Divergent** (2014, M) Shailene Woodley.
- 12.50am** **A Resurrection** (2013, 16)
- 2.20** **Beyond** (2012, M) **3.50** **Odd Thomas** (2014, M) **5.40** **Olympus Has Fallen** (2013, 16)

MOVIES GREATS SKY 032

- 6.00** **Haunted** (1995, M) Aidan Quinn.
- 7.35** **Jurassic Park** (1993, PG) Sam Neill.
- 9.40** **Batman Begins** (2005, M) Christian Bale.
- 11.55** **The Boy in the Striped Pajamas** (2008, M) Asa Butterfield.
- 1.30** **Head of State** (2003, M) Chris Rock.
- 3.05** **Miss Potter** (2006, PG) Renée Zellweger.
- 4.35** **Closer** (2004, 16) Julia Roberts, Clive Owen, Jude Law.
- 6.20** **He's Just Not That Into You** (2009, M) Jennifer Aniston, Drew Barrymore.
- 8.30** **The Bourne Identity** (2002, M) A man sets out to discover his identity after being hauled from the ocean with amnesia. Matt Damon, Franka Potente.
- 10.30** **Hot Fuzz** (2007, M) An over-zealous cop is sent to a sleepy village. Simon Pegg, Nick Frost.
- 12.30am** **He's Just Not That Into You** (2009, M) **2.40** **Miss Potter** (2006, PG) **4.10** **Hot Fuzz** (2007, M)

MOVIES CLASSICS SKY 033

- 6.00** **The Killing Fields** (1984, M) Sam Waterston.
- 8.15** **Directors: Bernardo Bertolucci** (PG)
- 8.45** **The War Wagon** (1967, G) John Wayne.
- 10.25** **Barry Lyndon** (1975, PG) Ryan O'Neal.
- 1.25** **We're No Angels** (1989, M) Robert De Niro.
- 3.10** **Nobody's Fool** (1994, M) Paul Newman.
- 5.00** **Arthur** (1981, PG) Dudley Moore.
- 6.40** **Witness** (1985, M) An Amish boy is the witness to a murder. Harrison Ford.
- 8.30** **Police Academy** (1984, M) A colourful array of characters head to a police academy after it is announced everyone is welcome. Steve Guttenberg, Bubba Smith, Kim Cattrall.
- 10.05** **Apocalypse Now** (1979, 16) An officer is sent on a secret mission in Cambodia. Martin Sheen, Marlon Brando.
- 12.35am** **Cruising** (1980, 18) **2.15** **Detroit Rock City** (1999, 16) **3.50** **Uncommon Valor** (1983, M) **5.35** **Witness** (1985, M)

RIALTO SKY 039

- 7.10** **Fantail** (2013, 16) Sophie Henderson.
- 8.30** **The Promise** (2013, M) UK documentary.
- 10.10** **Human Capital** (2013, M) Fabrizio Bentivoglio.
- Noon** **The Conspiracy** (2012, M) Aaron Poole.
- 1.25** **The Third Half** (2012, M) Macedonian documentary.
- 3.15** **What Richard Did** (2012, M) Jack Reynor.
- 4.45** **Upstream Color** (2013, M) Amy Seimetz.
- 6.20** **The Best Offer** (2013, M) An antiques auctioneer becomes obsessed with an heiress when she asks him to evaluate her family's works of art. Geoffrey Rush.
- 8.30** **As I Lay Dying** (2013, M) In the 1930s, a dead woman's family embark on a quest to honour her wish to be buried in a nearby town. James Franco.
- 10.25** **Days of Grace** (2011, 16) Carlos Bardem.
- 12.35am** **Rectify** (2013, 16, season 1, episodes 3-4) **2.15** **The Conspiracy** (2012, M) **3.40** **As I Lay Dying** (2013, M) **5.35** **Upstream Color** (2013, M)

GENERAL

Choice TV FREEVIEW 12 SKY 026

- 6.00** **Better Homes and Gardens** **7.30** **Beat My Build**
- 8.30** **Ask the Butcher** **9.00** **The Roux Masterclass**
- 9.30** **House Crashers** **10.00** **Million Dollar Contractor**
- 10.30** **Baggage Battles** **11.00** **Buying the Bayou** **11.30** **How Did You Do That? Office Reno** **Noon** **Chelsea's Greatest Garden** **1.00** **Gardeners' World: Life in a Cottage Garden** **1.30** **Better Homes and Gardens** **3.00** **Garage Gold** **3.30** **House Crashers** **4.00** **Holiday Home Sweet Home** **5.00** **This Old Thing** **6.00** **Extreme Collectors** (PGR) **6.30** **The Water Brothers** **7.00** **How the Wild West was Won with Ray Mears** **7.30** **Love Nature: Natural World** **8.30** **Moses Jones** (AO) **9.30** **Being Erica** (PGR) **10.30** **Garage Gold** **11.00** **House Crashers** **11.30** **NZ Hunter Adventures** (PGR) **12.00am** **This Old Thing** **1.00** **Extreme Collectors** (PGR) **1.30** **The Water Brothers** **2.00** **How the Wild West was Won with Ray Mears** **2.30** **Moses Jones** (AO) **3.30** **Being Erica** (PGR) **4.30** **Catch & Cook: World** **5.00** **Holiday Home Sweet Home**

UKTV SKY 007

- 6.00** **The Graham Norton Show** (16) **6.25** **Doctor Who** (PG) **8.00** **The Bill** (16) **Weekend Omnibus**. **12.10** **EastEnders** (PG) **Weekend Omnibus**. **2.10** **Casualty** (PG) **3.05** **Lewis** (16) **4.45** **Pointless** (PG) **5.40** **Prime Suspect** (16) **The Last Witness** (Part 1): Jane's determination to win justice for a murdered refugee conflicts sharply with the politics of her new high-ranking position. **7.30** **New Tricks** (16) **ID Parade: The team reopens the case of a young police cadet who was murdered in 1987**. **8.30** **A Touch of Frost** (16) **Dead End: Jack Frost** is called to the scene after a bus driver and a passenger are kidnapped. **10.15** **New Tricks** (16) **Things Can Only Get Better: The team reopens the investigation of the murder of a politician's staff member**. **11.15** **Would I Lie to You?** (PG) **11.50** **The Graham Norton Show** (16) **Tonight: Shirley Bassey and Catherine Tate**. **12.40am** **Citizen Khan** (PG) **1.10** **An Idiot Abroad** (PGR) **2.00** **That Mitchell and Webb Look** (16) **2.30** **Peep Show** (16) **3.00** **Bluestone 42** (16) **3.55** **New Tricks** (16) **4.55** **Pointless** (PG) **5.45** **The Adventures of Merlin** (PG)



Sky Premiere: Olympus Has Fallen, 8.30pm

Living SKY 008

- 6.00** **Flog It!** **6.30** **Sarah Beeny's Selling Houses** **7.30** **Location, Location, Location** **8.30** **Antiques Roadtrip**
- 9.30** **Love Your Garden** **10.30** **Homes Under the Hammer** **11.30** **Antiques Roadshow** **12.30** **Location, Location, Location** **1.30** **Antiques Roadshow** **2.00** **Selling Houses with Amanda Lamb** **3.00** **Sarah Beeny's Selling Houses** **4.00** **Zoo Days** **4.30** **The Great British Sewing Bee** **5.30** **Location, Location, Location** **6.30** **Relocation: Phil Down Under** **7.30** **A Place in the Sun: Winter Sun** **8.30** **Phil Spencer: Secret Agent** **9.30** **Grand Designs** **10.30** **Holmes Makes it Right** **11.30** **Phil Spencer: Secret Agent** **1.30am** **Antiques Roadshow** **2.00** **Zoo Days** **2.30** **The Great British Sewing Bee** **3.30** **Flog It!**

Sky Arts SKY 027

- 6.30** **Portrait Artist of the Year: Grand Final** **8.00** **Rococo** **9.00** **Beautiful Losers** (2008, PG) **10.30** **Champion** (PG) **Noon** **Architectures: Glasgow School of Art** **12.30** **Macleans College Gala** **2.30** **Portrait Artist of the Year: Grand Final** **4.00** **La Source** **5.15** **Raiders of the Lost Art** **6.00** **The Changing Face of ...** (G) **Madonna**. **6.55** **The Hay Sessions** (G) **Antonia Fraser**. **7.40** **In Confidence** (G) **Jude Kelly**. **8.30** **Inside the Vatican Museums** **9.30** **Neil Young: Silver and Gold** (G) **A live performance at Austin Bass Concert Hall Texas in 1999**. **10.30** **Chinese Viewfinder: The Pursuit of the Self** **11.00**

Glastonbury 2013 **12.00am** **La Source** **1.15** **Raiders of the Lost Art** **2.00** **The Changing Face of ...** (G) **Madonna**. **2.55** **The Hay Sessions** **3.40** **In Confidence** **4.30** **Inside the Vatican Museums** **5.30** **Neil Young: Silver and Gold**

SoHo SKY 010

- 6.00** **Entourage** (16) **6.30** **The Americans** (16) **7.30** **Entourage Marathon** (16) **Noon** **Last Week Tonight with John Oliver** (16) **12.30** **The Laramie Project** (2002, 16) **2.05** **Banshee Marathon** (18) **Season three of the US drama series**. **9.15** **Banshee** (18) **Even God Doesn't Know What to Make of You: Lucas and Job revisit their past and ponder the future, and Proctor pays for Rebecca's recklessness**. **10.00** **Banshee** (18) **We All Pay Eventually: Lucas and Gordon steel themselves for a face-off, as do Proctor and Rebecca**. **11.00** **The Laramie Project** (2002, 16) **Based on the true story of the 1998 hate-crime murder of Matthew Shepherd**. **Laura Linney, Peter Fonda, Christina Ricci, Steve Buscemi**. **12.35am** **Entourage Marathon** (16) **5.05** **Last Week Tonight with John Oliver** (16) **5.35** **The Laramie Project** (2002, 16)

BBC World News SKY 089

- 6.00** **World News Today** **6.30** **World News Today** **6.40** **Africa Business Report** **7.00** **World News Today** **7.30** **HARDtalk** **8.00** **Business Edition with Tanya Beckett** **8.30** **Football Focus** **9.00** **BBC World News America** **10.00** **BBC World News** **10.30** **Newsnight** **11.00** **BBC World News** **11.30** **Our World** **Noon** **BBC World News** **12.10** **World Features** **12.30** **Talking Business with Linda Yueh** **1.00** **BBC World News** **2.10** **Unfinished Masterpieces** **3.00** **BBC World News** **3.30** **The Travel Show** **4.00** **BBC World News** **5.30** **Newsnight** **6.00** **BBC World News** **6.30** **Click** **7.00** **BBC World News** **7.10** **World Features** **7.30** **HARDtalk** **8.00** **BBC World News** **8.10** **Football Focus** **9.00** **BBC World News** **10.10** **Africa Business Report** **10.30** **Newsnight** **11.00** **BBC World News** **11.30** **Our World** **12.00am** **BBC World News** **12.10** **World Features** **12.30** **Artsnight** **1.00** **BBC World News** **1.15** **Sport Today** **1.30** **The Travel Show** **2.00** **BBC World News** **2.30** **Dateline London** **3.00** **BBC World News** **3.10** **Unfinished Masterpieces** **4.00** **BBC World News** **4.30** **Final Score** **5.00** **BBC World News**

SPORT

Sky Sport 1 SKY 051

6.00 The Crowd Goes Wild **6.30** Cycling, Tour De Romandie, stage four. **8.00** Cycling, Tour of Yorkshire, stage one. **9.30** The Crowd Goes Wild **10.00** Super Rugby, Highlanders v Sharks. **Noon** Badminton Open, semi-finals. **live. 4.30** Super Rugby, Highlanders v Sharks, highlights. **5.00** Super Rugby, Blues v Force. **live. 7.30** Super Rugby, Hurricanes v Crusaders. **live. 9.35** Super Rugby, Rebels v Chiefs. **live. 11.40** Small Blacks TV **12.00am** Super Rugby, Hurricanes v Crusaders. **12.30** Soccer, A-League, first elimination final. **1.00** Cycling, Tour of Yorkshire, stage two. **live. 3.00** Super Rugby, Cheetahs v Stormers. **live. 5.05** Super Rugby, Bulls v Lions. **live.**

Sky Sport 2 SKY 052

6.00 Super League, Huddersfield Giants v Leeds Rhinos. **6.30** Super League. **live. 9.15** Rugby League, Anzac Test, Aust v NZ. **11.15** TBC **1.15** Random Rugby TV **1.30** Chelsea TV **4.30** Rugby League, Anzac Test, Aust v NZ, highlights. **5.00** Rugby League, International, Jr Kangaroos v Jr Kiwis. **live. 7.30** Rugby League, International Test, PNG v Fiji. **live. 9.30** Rugby League, International Test, Samoa v Tonga. **live. 11.30** Rugby League, Anzac Test, Aust v NZ, highlights. **12.00am** The After Match **12.30** V8 Supercars, Perth Supersprint, race eight. **1.00** Netball, ANZ, round 10, Steel v Pulse. **1.30** Super Rugby, Rebels v Chiefs. **2.00** Gillette Soccer Saturday **4.15** Random Rugby TV **4.30** Netball, ANZ, round 10, Steel v Pulse.

Sky Sport 3 SKY 053

6.00 Rugby League, Anzac Test, Aust v NZ. **6.30** Super Rugby, Highlanders v Sharks. **7.00** Soccer, A-League, first elimination final. **7.30** World Rugby **8.00** Golf, WGC Cadillac Match Play, day three, from TPC Harding Park, San Francisco. **live. Noon** Super Rugby, highlights. **12.30** Sky Sport 365 **1.00** Super League, Huddersfield Giants v Leeds Rhinos, highlights. **1.30** Super League, replay. **3.30**

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** MythBusters (PG) **8.30** ET Fishing Escapes (PG) **9.30** Savage Family Diggers (PG) **10.30** The Unexplained Files (M) **11.30** The Pool Master (PG) **12.30** Insane Pools: Off the Deep End (PG) **1.30** Gold Rush (PG) **2.30** Dual Survival (M) **3.30** You Have Been Warned (M) **4.30** Auction Hunters (PG) **5.30** Alaska: The Last Frontier (M) **6.30** Supersized Earth (PG) **7.30** Treehouse Masters (PG) **8.30** Insane Pools: Off the Deep End (PG) In Hot Water: After 10 years of saving, a couple want Lucas to build a double pool with a connecting stream. **9.30** Billy Bob's Gags to Riches (M) **10.30** Moonshiners (M) **11.30** MythBusters (PG) **12.30am** I (Almost) Got Away with It (M) **1.30** Stalked: Someone's Watching (M) **2.00** Bering Sea Gold (PG) **5.00** MythBusters (PG)

National Geographic SKY 072

6.00 Engineering Connections (PG) **6.30** Air Crash Investigations (PG) **7.30** Ultimate Airport Dubai (PG) **9.30** Big, Bigger, Biggest **10.30** Britain's Greatest Machines (PG) **11.30** Brain Games (PG) **Noon** Ancient Megastructures **2.00** Britain's Greatest Railways **5.00** Hacking the System (PG) **5.30** Nazi Megastructures (PG) **6.30** Nazi Underworld (PG) The Hess Enigma: In 1945, all the Reichsbank assets disappeared. **7.30** Lost Faces of the Bible (PG) Delilah Revealed: A 3000-year-old female skull is found. **9.30** Cathedrals Decoded (PG) How were Gothic cathedrals built without modern tools and technology? **10.30** Drugs Inc. (16) **11.30** Air Crash Investigations (PG) **12.30am** To Catch a Smuggler (PG) **1.30** Alaska Wing Men (PG) **2.30** The Border (M) **4.30** Big, Bigger, Biggest **5.30** Lords of War (M)



National Geographic: Lost Faces of the Bible, 7.30pm

Rugby League, Anzac Test, Aust v NZ, highlights. **4.00** Netball, ANZ C'ship, Steel v Pulse from More FM Arena in Dunedin. **live. 6.00** Cricket, IPL, Delhi Daredevils v Kings XI Punjab. **6.30** Golf Central **7.30** Fox Sports News **8.00** Cycling, Tour of Turkey, stage six, highlights. **8.30** Cycling, Tour of Turkey, stage three. **8.45** Cycling, Tour of Turkey, stage seven. **live. 11.00** Fox Sports News **11.30** Motorsport, V8SC, races seven and eight, highlights. **live. 12.30am** Golf, WGC, Cadillac Match Play, day three. **1.00** Super Rugby, Blues v Force. **1.30** #Skyspeed **2.15** Cycling, Tour De Romandie, stage five. **live. 3.45** Small Blacks TV **4.00** Super Rugby, Rebels v Chiefs. **4.30** Super Rugby, Hurricanes v Crusaders. **5.00** Super Rugby, Blues v Force. **5.30** Super Rugby, Highlanders v Sharks.

ESPN SKY 061

6.00 2015 Draft Academy: Pro Days **6.30** NFL Insiders **7.30** NFL Live **8.30** Profile: 60 **9.00** SportsCenter **Noon** Basketball, NBA Playoffs. **2.30** Basketball, NBA Playoffs. **5.00** SportsCenter **6.00** 2015 NFL Draft Replay **10.00** ESPN FC **10.30** Search4Hurt **11.00** Baseball, MLB, replay. **1.00am** UEFA Champions League Weekly **1.30** NBA Action **2.00** SportsCenter **4.00** Gridiron, NFL, Draft.

History SKY 073

6.30 Egypt Unwrapped (PG) **7.30** Great Mysteries and Myths (PG) **8.30** Murder Casebook (M) **9.30** Mysteries at the Museum (PG) **10.30** Ancient Discoveries (PG) **11.30** The Search for Alfred the Great (PG) **12.30** Aliens on the Moon (PG) **2.30** Egypt Unwrapped (PG) **3.30** The Adventure of English **4.30** Alexander's Lost World **5.30** Time Team America **6.30** Asia from Above (PG) **7.30** A Great Welsh Adventure with Griff Rhys Jones **8.30** MIA: Missing in Action (PG) A look at displaced soldiers. **9.30** Black Ops (M) Taking Down Bin Laden. **10.30** Lost Kingdoms of South America **11.30** Mysteries at the Museum (PG) **12.30am** Halloween: The Feast of the Dying Sun (M) **1.30** In Search of Aliens (PG) **2.30** America's Book of Secrets (PG) **3.30** A Great Welsh Adventure with Griff Rhys Jones **4.30** MIA: Missing in Action (PG) **5.30** Black Ops (M)

BBC Knowledge SKY 074

6.00 Michael Palin's New Europe (PG) **6.15** Sacred Rivers with Simon Reeve (PG) **7.15** Australia with Simon Reeve (PG) **8.15** Black Bears of the North Woods (PG) **9.05** Deadly 60 (PG) **10.35** Junior Doctors (M) **11.25** Top Gear Marathon (PG) **6.25** How We Got to Now **7.30** True Stories (M) Die Hard 4.0: The cast and crew of Die Hard 4.0 reveal the truth behind the Hollywood blockbuster. **8.25** Toughest Place to be a ... (M) Binman: London garbage collector Wilbur Ramirez heads to Jakarta, where he helps collect the rubbish in the metropolis. **9.25** The Royal Marines (M) Fifty-six recruits spend weeks living in a 60-bed dorm where every waking hour is controlled by their drill instructor. **10.20** Top Gear (PG) **11.20** Junior Doctors (M) **12.20am** Deadly 60 (PG) **1.50** Origins of Us (PG) **4.40** How We Got to Now **5.35** True Stories (M)

RADIO

RNZ National FREEVIEW 50 SKY 421

6.08 Storytime (RNZ) (storytime@radionz.co.nz)
7.08 Country Life (RNZ) (countrylife@radionz.co.nz)
8.10 Saturday Morning with Kim Hill (RNZ) (saturday@radionz.co.nz)
12.11 This Way Up with Simon Morton Exploring the things we use and consume (RNZ) (thiswayup@radionz.co.nz)
2.05 Music 101 with Emma Smith Music-related stories, interviews, live music and news (music101@radionz.co.nz)
5.11 Focus on Politics (RNZ)
5.45 Tagata o te Moana (RNZ)
6.06 Great Encounters (RNZ)
7.06 Saturday Night (RNZ)
12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 History Repeated (RNZ); 1.05 Our Changing World (RNZ); 2.05 Spiritual Outlook (RNZ); 2.35 Hymns for Sunday 3.05 The Captive Wife, by Fiona Kidman (5 of 15, RNZ); 3.30 Te Waonui a Te Manu Korihi (RNZ); 4.30 Science in Action (BBC)
Details available at www.radionz.co.nz

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 7.00, 8.00, 9.00am, noon, 3.00, 6.00, 11.00pm
6.00 Classic Morning
9.00 The Best of Upbeat (RNZ)
10.00 Your Choice (Box 123, Wellington or concert@radionz.co.nz)
Noon The RNZ Concert Classical Chart
1.00 Jazz on Concert Today: Steve Garden talks about the Rattle Jazz label (9 of 10, RNZ)
2.00 Global Sounds Indigenous music from around the world
3.00 Saturday Concert Janine Jansen (vln), NZSO/Daniel Blendulf - Liadov: The Enchanted Lake; Tchaikovsky: Violin Concerto in D Op 35; Prokofiev: Symphony No 5 in B flat Op 100 (RNZ)
5.15 Flute and Harp Francaix: Quintet for flute, harp and string trio, Mirage Quintet; Buchanan: Flute Song for the Birds; J Ritchie: Sweet and Sour, Bridget Douglas (fl); Hasselmans: La Source; Marshall: Heartstrings, Claire Jones (harp), English CO/Stuart Morley; Harty: In Ireland, Colin Fleming (fl), Denise Kelly (harp), Ulster Orch/Bryden Thomson
6.00 Made in New Zealand NZ performers and composers
7.00 Vocalised The World of Song: The Merry Month of May
8.00 Music Alive Doctor of Musical Arts Recital: John Chen (pno) - Barber: Piano Sonata Op 26; Beethoven: Piano Sonata No 32 in C minor Op 111; Mendelssohn: Seven Characteristic Pieces Op 7, No 3 in D, Kräftig und feurig; No 5 in A, Fuga, Ernst und steigender Lebhaftigkeit; Hindemith: Piano Sonata No 3 in B flat; Bach: Third movement, Courante, from Partita No 1 in B flat BWV825 (RNZ)
9.25 Written 200 Years Ago Paganini's Violin Concerto No 1 in D Op 6, Sarah Chang (vln), Philadelphia Orch/Wolfgang Sawallisch
10.00 Day's End
12.00am Music Through the Night
Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Nigel Yalden All Sport Breakfast **9.00 Jack Tame Noon Veitch on Sport** **6.00 Bruce Russell: In My Day** **12.00am Tim Roxborough Talkback**

TV1

FREEVIEW 1 SKY 001

- 6.00 Rural Delivery** (G, R, HD)
6.25 The ITM Fishing Show: Classic Episodes (G, R, C)
6.50 Sunday (R, C)
7.35 Tagata Pasifika (R, HD)
8.00 Praise Be (G)
8.30 Attitude (G, HD, C, AD)
 Today: Sekou Kenneh is the fastest kid in Queensland; at 14, he has his eye on the 2020 Olympics.
9.00 Q+A (HD, C)
10.00 Waka Huia Today: The high quality of water and marine life at Waitangi beach is due to the efforts of Emma Gibbs, chairperson of Te Tii Marae in Waitangi.
10.30 Marae
11.00 Neighbourhood (HD, C)
 Today: Musician Yoomia Sim hosts a tour of Christchurch's CBD.
11.30 Fair Go (R, C)
11.55 Survival Tales from the Wild (G, R, C) Joey the Kangaroo Kid: When Joey's mother falls pregnant again, he is out of the pouch for good.
12.55 Intrepid Journeys (G, R, C)
 Egypt: Frank Bunce's travels bring him face-to-face with the poverty, fear and frustration that fuelled the recent uprising in Cairo.
1.50 Location Location Location (G, R, C)
2.50 Inside Claridge's (G, R, C)
 Today: Since its opening in 1854, Claridge's has been famed for its art deco interiors and traditional service.
4.00 This Town (G, R, C)
 Through the Bays: The Gisborne suburb of Kaiti.
4.55 Outback Truckers (G, R, C) Today: A cattle station-owning trucker describes how his trade has been hampered by a ban on live exports.
6.00 ONE News (C)
7.00 Sunday (C)
8.00 Nigel Latta Blows Stuff Up (G, HD, C, AD) Weather: Nigel Latta takes on torrential rain and hurricane-force winds.
8.30 When We Go to War (AO, HD, C, AD) Tonight: Charles clashes with Harry when he returns to Gallipoli.
9.30 Our Girl (AO, C, AD) UK drama series about a young woman who joins the British Army the day after her 18th birthday.
10.30 A Place to Call Home (AO, R, C, AD) The Mona Lisa Smile: The horrors of the war cast a long shadow over Inverness.
11.30 Q+A (R, HD, C)
12.40am Attitude (G, R, HD, C, AD)
1.05 Emmerdale (PGR, R, C)
3.00 Marae (R)
3.35 - 6.00 Infomercials

TV2

FREEVIEW 2 SKY 002

- 6.00 Pajanimals** (G, R, C)
6.25 Art Attack (G, C)
6.45 Crash & Bernstein (G, C)
7.10 SpongeBob SquarePants (G, R, C)
7.35 The Penguins of Madagascar (G, R, C)
8.00 What Now (HD)
10.00 A.N.T. Farm (G, C)
10.25 The Bachelor (PGR)
Noon Shortland Street Omnibus (PGR, R, HD, C, AD)
2.30 Suburgatory (PGR, C)
3.00 Hot in Cleveland (G, C)
3.30 Home and Away Omnibus (R, C)
6.00 Friends (G, R, C) The One with the Monkey: The gang makes and breaks a pact to celebrate New Year's Eve without dates, and Ross compensates for his loneliness by getting a monkey named Marcel.
6.30 Joey (G, R, C) Joey and the Plot Twist: On his first day on the television series Deep Powder, Joey begins to worry that his character is going to be killed off.
7.00 Thunderbirds Are Go (G, C, AD) Fireflash: Kayo is aboard Fireflash, a supersonic airliner invented by Brains, unaware that the controls have been tampered with.
7.30 Galavant (PGR, C) Two Balls: A visit to Sid's hometown reveals he has not been truthful about his career path, and King Richard decides to throw a ball to cheer up the people of Valencia.
8.00 Black-ish (PGR, C) Crime & Punishment: When Jack disobeys Dre and Rainbow, the kids become afraid their parents might go back on their word to no longer spank them.
8.30 White House Down (2013, AO, C) A former soldier visiting the White House for a job interview tries to protect the President when a heavily-armed group launches an attack. Channing Tatum, Jamie Foxx, Maggie Gyllenhaal, Richard Jenkins.
Films, page 70
11.05 Gotham (AO, C) The Anvil or the Hammer: The Ogre breaks down Barbara's emotions while Gordon and Bullock try to find them, and Bruce learns the truth about Wayne Enterprises.
12.05am Apollo 18 (2011, AO, R, C) Warren Christie.
1.40 The Flash (R, C)
2.30 Arrow (R, C)
3.20 Infomercials
3.55 It Is Written (R)
4.25 Suburgatory (PGR, C)
4.45 The Carrie Diaries (PGR, R, C)
5.30 - 6.00 Infomercials

TV3

FREEVIEW 3 SKY 003

- 6.00 Life TV** (G, R)
6.30 Brian Houston (G, R)
7.00 Charles Stanley (G, R)
8.00 Universal Church of the Kingdom of God (G, R)
8.30 Turning Point with David Jeremiah (G, R)
9.00 three60
9.30 Re-Think
10.00 The Nation (C)
11.00 The Bold and the Beautiful Omnibus (PGR)
1.00 Gordon Ramsay's Ultimate Home Cooking (PGR, R, C)
1.30 Place Makers Big Angry Fish (G, R, HD)
2.00 Motorsport WTCC, Morocco, round two.
2.30 Motorsport D1NZ, Hampton Downs, round four.
3.00 Motorsport FIA RallyCross, Portugal, round one.
4.00 Motorsport Indycar, Birmingham, round four.
5.00 Ice Road Truckers (G, R, C)
6.00 3 News
7.00 The X Factor NZ (G, HD, another episode screens tomorrow) Tonight: The acts perform Kiwi songs.
8.00 Transformers (2007, PGR, R, C) A teenager becomes involved in a battle between two groups of alien robots. Shia LaBeouf, Megan Fox.
Films, page 70
10.45 State of Affairs (AO, C) The Faithful: A manhunt begins for an escaped terrorist.
11.40 Jono and Ben (R, HD)
12.40am Infomercials
5.30 - 6.00 Brian Houston @ Hillsong TV (G, R)

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes** **Noon** Infomercials **2.00** Sesame Street (G, R) **2.55** Pingu (G, R) **3.00** Barney and Friends (G, R) **3.30** Infomercials **4.30** Pukana (G) **5.00** Entertainment Tonight Weekend (G) **6.00** iCarly (G, R) **6.30** How I Met Your Mother (G, R) The Magician's Code (Part 1): The group reminisce at Barney's future wedding. **7.00** Troy (PGR, C) Tonight: A look back at the best bits from the series. **8.00** The Xtra Factor NZ (PGR, HD) Highlights from The X Factor NZ live shows. **8.30** The GC (PGR, C) Tonight: Zane's situation is only about to get worse as he reveals more about his night out to Rosie. **9.00** Family Guy (AO) This Little Piggy: Meg is recruited as a model, however her gig turns out to be for the foot-fetish industry. **9.30** Burn Notice (AO) Odd Man Out: A vicious smuggler chases a former client looking for revenge. **10.25** bro'Town (PGR, C) So You Think You Can Dance Near the Stars?: Dad is slipped an ecstasy tablet. **10.55** Entertainment Tonight (G) **11.50 - 6.00am** Infomercials



TV2: White House Down, 8.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Religious Programming** (G)
10.30 Sport Box (G)
Noon MasterChef USA (PGR, R)
12.50 Village SOS (G, R)
2.00 The Animal Files (PGR, R)
2.30 Toyota Grassroots Rugby (G)
3.30 Netball ANZ Championship, highlights.
4.30 Rugby Nation (G)
5.30 Prime News
6.00 The Great British Bake Off Masterclass (G) Tonight: Mary and Paul look at the signature bakes.
7.00 Storage Wars: Texas (G) Tonight: The auction gets tense in Arlington, Texas.
7.30 Antiques Roadshow (G) Tonight: In Edinburgh, Fiona Bruce and the experts examine a sketchbook.
8.30 CSI: Cyber (PGR) Tonight: The team investigate a cyber threat that allows arsonists a less traceable method of starting fires in homes.
9.30 Elementary (PGR) Tonight: Holmes and Watson investigate murders in which the killer leaves envelopes of cash on the victims.
10.25 Top Gear USA (AO, R) Doomsday Drive: The guys build a zombie-proof car and race it against the Stig.
11.20 Silk (AO, R) Tonight: The driver of a prison van finds a prisoner dead.
12.30am - 6.00 Home Shopping

MAORI

FREEVIEW 5 SKY 019

- 10.00 Korero Mai** (G, R)
2.00 Marae Kai Masters (G, R)
3.30 Rugby World Cup 2011 Today: NZ v Canada.
5.30 Te Kaea
6.00 Waka Huia
6.30 Paepae (G)
7.00 Te Kaea (R)
7.30 Vodafone Warriors 2015 Tonight: Storm v Sea Eagles.
9.30 A Short Film About Love (1988, AO) A young post office worker strikes up an unconventional relationship with a glamorous older woman who lives in an opposite tower block. Grazyna Szapolowska, Olaf Lubaszenko, Stefania Iwinska.
11.05 - 11.35 Te Kaea (R)

SKY PREMIERE

SKY 030

- 6.00 Olympus Has Fallen** (2013, 16) Gerard Butler.
- 7.40 Divergent** (2014, M) Shailene Woodley.
- 9.55 A Resurrection** (2013, 16) Mischa Barton.
- 11.25 Olympus Has Fallen** (2013, 16) Gerard Butler.
- 1.25 Odd Thomas** (2014, M) Anton Yelchin.
- 3.00 Over/Under** (2013, M) Steven Pasquale.
- 4.30 Red 2** (2013, M) Bruce Willis.
- 6.25 The Wolverine** (2013, M) Wolverine is called to modern-day Japan, where he faces his ultimate nemesis. Hugh Jackman.
- 8.30 Million Dollar Arm** (2014, PG) A sports agent travels to India to find the next big baseball pitching sensation. Jon Hamm.
- 10.40 47 Ronin** (2013, M) An outcast joins a band of samurai to seek revenge on a ruthless shogun for the dishonour he did to their master. Keanu Reeves.
- 12.40am** Suddenly (1996, 16) 2.10 The Wolverine (2013, M) 4.15 Million Dollar Arm (2014, PG)

MOVIES GREATS

SKY 032

- 6.10 The Bourne Identity** (2002, M) Matt Damon.
- 8.05 He's Just Not That Into You** (2009, M) Jennifer Aniston.
- 10.15 Closer** (2004, 16) Julia Roberts.
- Noon Hot Fuzz** (2007, M) Simon Pegg.
- 2.00 Black Hawk Down** (2001, 16) Josh Hartnett.
- 4.25 Paul Blart: Mall Cop** (2009, PG) Kevin James.
- 5.55 Gladiator** (2000, M) A successful Roman general, betrayed and imprisoned by Caesar's heir, seeks revenge. Russell Crowe.
- 8.30 Groundhog Day** (1993, PG) A cynical TV weatherman finds himself repeatedly living the same day. Bill Murray, Andie MacDowell, Chris Elliott.
- 10.15 A Few Good Men** (1992, PG) Two lawyers defend two US Marines accused of murdering a serviceman, but claim they were acting under orders. Tom Cruise.
- 12.35am** Smokin' Aces (2006, 18) 2.20 Paul Blart: Mall Cop (2009, PG) 3.50 Black Hawk Down (2001, 16)

MOVIES CLASSICS

SKY 033

- 6.00 Witness** (1985, M) Harrison Ford.
- 7.30 Barry Lyndon** (1975, PG) Ryan O'Neal.
- 10.30 The Ballad of Cable Hogue** (1970, M) Jason Robards.
- 12.30 Deathtrap** (1982, PG) Michael Caine.
- 2.25 Star Trek V: The Final Frontier** (1989, PG) William Shatner.
- 4.15 The Naked Gun: From the Files of Police Squad!** (1988, M) Leslie Nielsen.
- 5.40 The Naked Gun 2 1/2: The Smell of Fear** (1991, PG) Leslie Nielsen.
- 7.05 Naked Gun 33 1/3: The Final Insult** (1994, PG) Leslie Nielsen.
- 8.30 Black Rain** (1989, M) Two cops ignite a gang war. Michael Douglas, Andy Garcia.
- 10.35 Lord of War** (2005, 16) Nicolas Cage, Bridget Moynahan, Jared Leto.
- 12.35am** Don't be a Menace to South Central While Drinking Your Juice in the Hood (1996, 18) 2.05 Jade (1995, 16) 3.40 The Big Red One: The Reconstruction (2005, M)

RIALTO

SKY 039

- 6.00 Upstream Color** (2013, M) Amy Seimetz.
- 7.10 What Richard Did** (2012, M) Jack Reynor.
- 8.40 The Best Offer** (2013, M) Geoffrey Rush.
- 10.50 Upstream Color** (2013, M) Amy Seimetz.
- 12.35 Superstar** (1999, M) Molly Shannon.
- 2.25 The Summit** (2012, PG) Christine Barnes.
- 4.05 A Five Star Life** (2013, M) Stefano Accorsi.
- 5.25 20 Feet from Stardom** (2013, M) US documentary.
- 6.55 Arthur Newman** (2012, M) Colin Firth, Emily Blunt.
- 8.30 My Brother the Devil** (2012, 16) Two teenage brothers battle the pull of a life of crime as they grow up on the streets of gangland London. James Floyd.
- 10.25 The Red Road** (2014, M, season 2, episode 4)
- 11.15 Canopy** (2013, M) Khan Chittenden, Tzu-yi Mo.
- 12.40am** Rectify (2013, 16, season 1, episodes 5-6) 2.15 Superstar (1999, M) 4.05 The Summit (2012, PG) 5.45 A Five Star Life (2013, M)

GENERAL

Choice TV

FREEVIEW 12 SKY 026

- 6.00** The Water Brothers **6.35** How the Wild West was Won with Ray Mears **7.00** Natural World **8.00** Catch & Cook: World **8.30** Garage Gold **9.00** House Crashers **9.30** Holiday Home Sweet Home **10.30** This Old Thing **11.30** Extreme Collectors (PGR)
- Noon** Being Erica (PGR) **1.00** Natural World **2.00** Bath Crashers **2.30** The Adventures of Merlin **3.30** iFISH **4.00** Nigel & Adam's Farm Kitchen **5.00** Bill's Kitchen: Notting Hill **5.30** Coast **6.30** Kirstie's Fill Your House for Free **7.30** Million Dollar Critic with Giles Coren **8.30** ■ A Single Man (2009, AO) A middle-aged English professor decides to put his affairs in order and commit suicide. Colin Firth, Julianne Moore, Matthew Goode. **Films, page 70**
- 10.30** Coast **11.30** Wild at Heart **12.30am** ■ A Single Man (2009, AO) Colin Firth. **2.30** iFISH **3.00** The Adventures of Merlin **4.00** Wild at Heart **5.00** Bill's Kitchen: Notting Hill **5.30** iFISH

UKTV

SKY 007

- 6.00** The Adventures of Merlin (PG) **6.35** Doctor Who (PG) **7.25** Heartbeat (PG) **9.05** Pointless (PG) **9.55** Would I Lie to You? (PG) **10.55** The Graham Norton Show (16) **11.45** Fawlty Towers (PG) **1.55** The Vicar of Dibley (PG) **2.25** A Touch of Frost (16) **4.10** New Tricks (16) **5.10** Heartbeat (16) **6.05** Pointless (PG) **7.00** Qi (16) Hosted by Stephen Fry. **7.30** Casualty (PG) Desperate Remedies: Sam attempts to treat an injured young woman and her drug addict sister, but is the looming GMC hearing putting her off her game? **8.30** Stella (16) Tonight: Luke's world comes crashing down following a slip-up at work. **9.25** Downton Abbey (16) Tonight: Deserted by the baby's father, Ethel has been installed in a cottage on the estate by a sympathetic Mrs Hughes. **10.25** The Graham Norton Show (16) Tonight: Shirley Bassey, Catherine Tate, Richard Ayoade and Annie Lennox. **11.20** Citizen Khan (PG) Naani's Shopping Trip: Mr Khan takes his mother-in-law shopping. **11.50** Heartbeat (16) **12.40am** Michael McIntyre's Comedy Roadshow (16) **1.35** An Idiot Abroad (16) **2.20** Would I Lie to You? (PG) **2.50** Stella (16) **3.40** Downton Abbey (16) **4.35** Bluestone 42 (16) **5.30** Citizen Khan (PG)



Sky Premiere: 47 Ronin, 10.40pm

Living

SKY 008

- 6.00** Flog It! **8.30** The Great British Sewing Bee **9.30** Kirstie's Fill Your House for Free **10.30** Relocation: Phil Down Under **11.30** Holmes Makes it Right **12.30** Grand Designs **1.30** Antiques Roadshow **2.00** A Place in the Sun: Winter Sun **3.00** Phil Spencer: Secret Agent **4.00** Zoo Days **4.30** Restoration Man **5.30** Richard E Grant's Hotel Secrets **6.30** Antiques Roadtrip **7.30** Escape to the Country **8.30** Obsessive Compulsive Cleaners **9.30** The Mekong River with Sue Perkins **10.30** DIY SOS: The Big Build **11.30** Phil Spencer: Secret Agent **12.30am** Richard E Grant's Hotel Secrets **1.30** DIY SOS: The Big Build **2.30** Antiques Roadtrip **3.30** Escape to the Country **4.30** Obsessive Compulsive Cleaners **5.30** The Mekong River with Sue Perkins

Sky Arts

SKY 027

- 6.00** Neil Young: Silver and Gold **6.30** Chinese Viewfinder: The Pursuit of the Self **7.00** Glastonbury 2013 **8.00** La Source **9.15** Raiders of the Lost Art **10.00** San Francisco Opera: Mefistofele **12.30** Inside the Vatican Museums **1.30** Neil Young: Silver and Gold **2.30** Chinese Viewfinder: The Pursuit of the Self **3.00** Glastonbury 2013 **4.00** Sade: Bring Me Home **6.05** Jayne Mansfield: Hollywood Dream Factory **7.00** Visual Acoustics **8.30** Rockwiz **9.30** Front and Center: Cyndi Lauper **10.30** Other Voices **11.25** In Conversation **12.00am** Sade: Bring Me Home **2.05** Jayne Mansfield: Hollywood Dream Factory

- 3.00** Visual Acoustics **4.30** Rockwiz **5.30** Front and Center: Cyndi Lauper

SoHo

SKY 010

- 6.00** ■ The Laramie Project (2002, 16) **7.10** Last Week Tonight with John Oliver (16) **8.00** Orphan Black (16) **9.00** Banshee Marathon (18) Season three of the US drama series. **5.50** Band of Brothers (16) **7.00** Last Week Tonight with John Oliver (16) **7.30** Bates Motel (16) The Pit: Dylan and Caleb embark on a dangerous job. **8.30** Mad Men (16) Time & Life: Don comes up with a big idea, Roger asks Joan to help him fix a clerical error. **9.30** Game of Thrones (18) High Sparrow: In Braavos, Arya sees the Many-Faced God; in King's Landing, Queen Margaery enjoys her new husband; and Tyrion and Varys walk the Long Bridge of Volantis. **10.30** Thronecast (18) Sue Perkins and Jamie East present interviews with the cast of Game of Thrones. **11.00** The Americans (16) **11.45** Orphan Black (16) **12.30am** Bates Motel (16) **1.15** Band of Brothers (16) **2.25** Mad Men (16) **3.15** The Americans (16) **4.15** Orphan Black (16) **5.00** Game of Thrones (18)

BBC World News

SKY 089

- 6.00** BBC World News **6.15** Sport Today **6.30** The Travel Show **7.00** BBC World News **7.10** Africa Business Report **7.30** Click **8.00** BBC World News **8.30** Dateline London **9.00** BBC World News **10.30** Our World **11.00** BBC World News **11.10** World Features **Noon** BBC World News **12.10** Africa Business Report **12.30** Artsnight **1.00** BBC World News **1.30** Dateline London **2.00** BBC World News **3.30** Click **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.30** India Business Report **6.00** BBC World News **6.30** The Travel Show **7.00** BBC World News **7.10** World Features **7.30** Artsnight **8.00** BBC World News **8.10** World Features **8.30** Dateline London **9.00** BBC World News **9.10** Unfinished Masterpieces **10.00** BBC World News **10.10** World Features **11.00** BBC World News **11.30** Newsnight **12.00am** BBC World News **12.10** World Features **12.30** Talking Business with Linda Yueh **1.00** BBC World News **1.15** Sport Today **1.30** Click **2.00** BBC World News **4.30** India Business Report **5.00** BBC World News **5.30** Our World

SPORT

Sky Sport 1 SKY 051

6.00 Super Rugby, Bulls v Lions, **live**. **7.15** Small Blacks TV **7.30** Super Rugby, Hurricanes v Crusaders. **9.30** Super Rugby, Rebels v Chiefs. **11.30** Sky Sport 365 **Noon** Badminton Open, finals, **live**. **5.00** ITU Triathlon, Cape Town, highlights. **6.00** Netball, College, Upper North Island Playoff, delayed. **7.00** Netball, ANZ C'ship, round 10, Mystics v Tactix, **live**. **8.45** Netball Zone **9.15** Arsenal TV **12.15am** Random Rugby TV **12.30** Netball, ANZ, round 10, Swifts v Vixens. **2.00** Cycling, Tour of Yorkshire, stage three, **live**. **4.00** Super Rugby, Blues v Force.

Sky Sport 2 SKY 052

6.00 Small Blacks TV **6.15** Random Rugby TV **6.30** Cycling, Tour De Romandie, stage five. **8.00** Cycling, Tour of Yorkshire, stage two. **9.30** Rugby League, Int'l, Jr Kangaroos v Jr Kiwis. **11.30** Rugby League, Int'l, PNG v Fiji. **1.30** NRL Sunday Footy Show **3.30** Rugby League, Int'l Test, Samoa v Tonga. **5.30** Cycling, Tour of Turkey, stage seven. **6.00** Golf, WGC, Cadillac Match Play, quarter-finals, highlights. **6.30** Golf Central **7.30** Cricket, IPL, Royal Challengers Bangalore v Kolkata Knight Riders, highlights. **8.00** Cricket, IPL, Hyderabad v Super Kings. **8.30** Rugby Nation **9.30** Fox Sports News **10.00** Netball, ANZ C'ship, round 10, Mystics v Tactix, highlights. **10.30** Netball Zone **11.00** Fox Sports News **11.30** Soccer, A-League, second elimination final, highlights. **12.00am** Cycling, Tour De Romandie, stage six, **live**. **1.30** Netball, ANZ, round 10, Mystics v Tactix. **2.00** Super Rugby, Cheetahs v Stormers. **4.00** V8 Supercars, Perth Supersprint, race nine. **4.30** Nascar Sprint Cup, Geico 500, **live**.

Sky Sport 3 SKY 053

6.00 Golf, WGC Cadillac Match Play, quarter-finals **Noon** Volvo Ocean Race **12.30** Sky Sport 365 **1.00** Cycling, Tour of Turkey, stage seven. **1.30** Golf, WGC Cadillac Match Play, quarter-finals, highlights. **2.00**



Discovery: Dual Survival, 9.30pm

Netball, ANZ C'ship, Swifts v Vixens **live**. **4.00** V8 Supercars C'ship, Perth Supersprint, qualifying, **live**. **4.30** Small Blacks TV **4.45** Random Rugby TV **5.00** V8 Supercars C'ship, Perth Supersprint, race eight, highlights. **5.30** Golf, WGC Cadillac Match Play, quarter-finals, highlights. **6.00** Small Blacks TV **6.20** V8 Supercars C'ship, Perth Supersprint, race nine, **live**. **8.00** MUTV: Manchester United v West Bromwich Albion **11.00** Soccer, A-League, second elimination final, highlights. **11.30** Motorsport, V8SC, races seven, eight and nine, **live**. **1.00am** Rugby Nation **2.00** Soccer, A-League, second elimination final. **4.00** Fishing and Adventure **4.30** Netball, ANZ, Mystics v Tactix.

ESPN SKY 061

6.00 NFL Draft **Noon** ESPN Original Documentaries **1.30** Profile: 60 **2.00** Baseball Tonight **3.00** SportsCenter **6.00** World Desert C'ship. **7.00** Score World Desert C'ship. **8.00** National Icons **8.30** NBA Tonight **9.00** ESPN Original Documentaries **11.00** Poker, 2014 Classics, replay. **1.00am** Jet Skiing **1.30** Athletics, Ironman 70.3 Asia Pacific. **2.00** Darts, 2009 World Comp. **4.00** Outside the Lines **4.30** The Sports Reporters **5.00** Equestrian, GP of Wellington.

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** MythBusters (PG) **8.30** You Have Been Warned (M) **9.30** The Unexplained Files (M) **10.30** Supersized Earth (PG) **11.30** Naked and Afraid (M) **12.30** Tutankhamun: The Truth Uncovered (PG) **1.30** Billy Bob's Gags to Riches (M) **2.30** The Pool Master (PG) **3.30** Alaskan Bush People (M) **4.30** Moonshiners (M) **5.30** Big Giant Swords (PG) **6.30** Gold Rush (PG) **7.30** Secrets of Bin Laden's Lair (M) **8.30** Alaska: The Last Frontier (M) Fall Bear Fall: Jane and Atz Lee go on their last hunt of the year. **9.30** Dual Survival (M) **10.30** Taiwan Made (PG) **11.30** You Have Been Warned (M) **12.30am** The Unexplained Files (M) **1.30** A Crime to Remember (M) **2.30** Auction Kings (PG) **3.00** Taiwan Made (PG) **4.00** Bering Sea Gold (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Lords of War (M) **6.30** Air Crash Investigations (PG) **7.30** The Indestructibles (M) **8.30** Alaska Wing Men (PG) **9.30** Building Wild (PG) **11.30** Hacking the System (PG) **Noon** StarTalk (M) **1.00** Car SOS (PG) **2.00** Cold Water Gold (M) **3.00** Underworld Inc. (16) **4.00** Air Crash Investigations (PG) **5.00** Crowd Control (PG) **5.30** Ultimate Airport Dubai (PG) **6.30** Science of Stupid (M) **7.30** Hacking the System (PG) **8.00** Seconds from Disaster (PG) Examines the chain of events leading to the destruction of the Challenger space shuttle. **9.00** StarTalk (M) **10.00** Cosmos: A Spacetime Odyssey (PG) **11.00** Hacking the System (PG) **11.30** Air Crash Investigations (PG) **12.30am** Ultimate Airport Dubai (PG) **1.30** Car SOS (PG) **2.30** Cranmer & Son: A Family Gun Feud (PG) **3.30** Underworld Inc. (16) **4.30** Drugs Inc. (16) **5.30** Ghost Town Gold (PG)

History SKY 073

6.30 Lost Kingdoms of South America **7.30** Canada Over the Edge **8.30** Tony Robinson's Tour of Duty (PG) **9.30** Cash in the Attic **10.30** A Great Welsh Adventure **11.30** MIA: Missing in Action (PG) **12.30** Black Ops (M) **1.30** Tony Robinson's Tour of Duty (PG) **2.30** Lost Kingdoms of South America **3.30** Retreat from Gettysburg (PG) **5.30** In Nelson's Footsteps **6.00** Britain's Secret Treasures (PG) **6.30** Myth Hunters (PG) **7.30** Tony Robinson's Tour of Duty (PG) Bathurst. **8.30** Keating (PG) A look at the work of former Australian prime minister Paul Keating while he was in office. **9.30** The Revolutionary (PG) The story of Sidney Rittenberg. **11.30** The Vietnam War (PG) **12.30am** Gladiators of WWII (PG) **1.30** Secrets of World War II (PG) **2.30** Secret War (PG) **3.30** Tony Robinson's Tour of Duty (PG) **4.30** Keating (PG) **5.30** The Revolutionary (PG)

BBC Knowledge SKY 074

6.00 True Stories (M) **6.25** Toughest Place to be a ... (M) **7.15** The Royal Marines (M) **8.05** Top Gear Marathon (PG) **1.40** Ross Kemp: Extreme World Marathon (16) **5.35** Top Gear (PG) **6.35** True Stories (M) Scream: The truth behind Scream. **7.30** 24 Hours in Police Custody (M) Love Hurts: Police deal with two cases of harrasment. **8.25** Louis Theroux: Law & Disorder in Johannesburg (16) Louis Theroux meet security firms who are being hired to protect residents in Johannesburg. **9.30** Funeral Directors (PG) **10.30** Top Gear (PG) **11.30** True Stories (M) **12.25am** 24 Hours in Police Custody (M) **1.15** Louis Theroux: Law & Disorder in Johannesburg (16) **2.15** Funeral Directors (PG) **3.05** The Seven Ages of Drinking (16) **4.05** The Seven Ages of Love (M) **5.05** Lost and Found (PG) **5.15** Ross Kemp: Extreme World (16)

RADIO

RNZ National FREEVIEW 50 SKY 421

6.08 Storytime (RNZ) (storytime@radionz.co.nz)
7.08 Sunday Morning with Wallace Chapman Including: 7.43 The Week in Parliament (RNZ); 8.10 Insight (RNZ); 9.06 Mediawatch (RNZ) (sunday@radionz.co.nz)
12.12 Spectrum 8 Winn Road: A look back on a slice of feminist history in Auckland (RNZ) (spectrum@radionz.co.nz)
12.40 Standing Room Only with Lynn Freeman Including: 3.04 The Drama Hour: Show Down, by Margaret Escott, adapted by Elspect Sandys (1 of 2, RNZ) (standingroomonly@radionz.co.nz)
4.06 The Sunday Feature: The War That Changed the World Tanzania: The struggle over present-day Tanzania (BBC)
5.00 The 5 O'Clock Report
5.11 Spiritual Outlook (RNZ) (spiritual@radionz.co.nz)
5.40 Te Waonui a Te Manu Korihi (RNZ)
6.06 Te Ahi Kaa (RNZ) (teahikaa@radionz.co.nz)
7.06 One in Five (RNZ) (oneinfive@radionz.co.nz)
7.35 Voices (RNZ) (voices@radionz.co.nz)
7.45 The Week in Parliament (RNZ)
8.06 Sounds Historical with Jim Sullivan (RNZ) (history@radionz.co.nz)
10.12 Mediawatch (RNZ) (mediawatch@radionz.co.nz)
11.04 Hidden Treasures (6 of 8, RNZ)
12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 At the Movies with Simon Morris (RNZ); 1.05 Te Ahi Kaa (RNZ); 2.30 NZ Music Feature (RNZ); 3.05 The Captive Wife, by Fiona Kidman (6 of 15, RNZ); 3.30 Science (RNZ); 5.10 War Report (RNZ)
Details available at www.radionz.co.nz

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 8.00, 9.00am, noon, 3.00, 6.00, 11.00pm
6.00 Sanctuary
7.30 Hymns on Sunday (RNZ)
8.00 Grace Notes
9.00 Composer of the Week Ross Harris (b1945) (RNZ) **See page 72**
10.00 Concerts from The Frick Today: Augustin Hadelich (vln), Charles Owen (pno) (NPR New York, 3 of 7)
11.00 The Works
Noon The Critic's Choice
1.00 Vintage Years Vintage New Zealand
2.00 The Sunday Feature Today: David Morris talks with Roger Lloyd (RNZ)
3.00 Young New Zealand Lilburn Composition Prize Concert 2014
4.15 La Clarinette Française
5.00 New Horizons (F, RNZ)
6.00 Opera on Sunday Metropolitan Opera Season: Angela Meade, Francesco Meli, Metropolitan Opera Chorus and Orchestra/James Levine - Verdi's Ernani (18 of 23, EBU)
9.35 From the New Zealand Collection
10.00 Day's End Music to wind down to
12.00am Music Through the Night
Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Best of Mike Hosking/Leighton Smith **7.00 Ruud's Awakening** **8.00 Daniel McHardy: Sport Power Hour** **9.00 Andrew Dickens: Sunday Café** **Noon Tony Veitch: Veitch on Sport** **6.00 Jax & Sam: Total Recall** **7.30 John Cowan: Real Life** **8.00 Pam Corkery, Tim Roxborough: The Two** **11.00 Mike King: The Nutters Club** **1.00am - 6.00 Gary Denvir: Open-line Talkback**

TV1

FREEVIEW 1 SKY 001

- 6.00 Breakfast**
9.00 Good Morning
10.00 The Ellen DeGeneres Show (R, C)
11.00 Brendan's Magical Mystery Tour (G, R, C)
11.30 Come Dine with Me UK (G)
Noon ONE News (C)
12.30 Emmerdale (PGR, C) Today: Andy is in shock; Sam breaks some bad news; and Rakesh is impressed with Priya.
1.30 Coronation Street (PGR, R, C, AD) Today: Tina fears she has made a terrible mistake; the price is not right as Gloria makes a revelation; and Roy has a change of heart.
2.00 Four Weddings USA (G, R)
3.00 Dickinson's Real Deal (G)
3.55 Te Karere (C)
4.25 The Chase (G, C)
5.25 Millionaire Hot Seat (G, C)
6.00 ONE News (C)
7.00 Seven Sharp (C)
7.30 Border Patrol (G, HD, C) Tonight: A Tongan man who arrives from the US with a large quantity of undeclared perfume bottles runs into trouble over intellectual property rights, and a cleaver is found inside a toy piano.
8.00 Code:1 (PGR, HD, C) Tonight: The Westpac Rescue Helicopter team is called to a remote farm where a man was thrown from his horse, and paramedics to try to stem the blood of a teen with lacerated arteries.
8.30 Stalker (AO, C) Salvation: Beth and Jack investigate a rare case of group stalking after a young woman is harassed by a mob of people, and Ray tries to isolate Beth from her allies.
9.25 Forever (AO, C, AD) Diamonds Are Forever: Henry and Jo's murder investigation of an ex-con, who is being framed for a jewellery store heist, reveals a special connection between the victim and Jo's late husband.
10.25 ONE News Tonight (C)
10.55 Criminal Minds (AO, R, C, AD) The Edge of Winter: As the BAU wraps up an investigation into unusual stabbings in Upstate New York, Morgan's visit with one of the crime's survivors could uncover more questions.
11.55 The Mentalist (AO, R, C) Red Lacquer Nail Polish: The team investigate the murder of an elderly heiress, whose remains were found in the living room of her mansion.
12.50am Te Karere (R, C)
1.15 Infomercials
5.05 Impact for Life
5.35 - 6.00 Te Karere (R, C)

TV2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar**
6.30 Tiki Tour (G, R, HD, C)
6.52 Piggy Tales (G, C)
6.55 Pokemon: Black and White (G, R, C)
7.20 Back at the Barnyard (G, R, C)
7.45 SpongeBob SquarePants (G, R, C)
8.15 Jungle Junction (G, R, C)
8.35 Jane and the Dragon (G, R, C)
9.00 Infomercials
10.30 Neighbours (G, R, C)
11.00 Home and Away (R, C)
11.30 Shortland Street (PGR, R, HD, C, AD)
Noon Two and a Half Men (AO, R, C)
12.30 Jeremy Kyle (AO)
1.30 Judge Rinder (G)
2.35 The Ellen DeGeneres Show (C)
3.30 Kung Fu Panda (G, R, C)
4.00 Dog with a Blog (G, C)
4.30 The 4.30 Show (G) Today: A gross tin can challenge for Hundy on a Mundy; Eve joins an Art Club; and handy sign language phrases.
5.00 America's Funniest Home Videos (G, R, C)
5.30 Home and Away (C) Today: Ash tries to persuade Billie to stay in Summer Bay.
6.00 The New Adventures of Old Christine (PGR, R, C)
6.30 Neighbours (G, C) Tonight: Georgia lays it all on the line to get Nick.
7.00 Shortland Street (PGR, HD, C, AD) Tonight: Kane makes a new enemy, and Vinnie fears Nicole wants out. Writer Karen Curtis, directors Ian Hughes and Richard Barr.
7.30 My Kitchen Rules (PGR, C) Tonight: In Victoria, Sheri and Emilie hope to get the group off to a flying start.
8.45 The Mysteries of Laura (AO, C) The Mystery of the Alluring Au Pair: A new detective is sent to investigate alleged indiscretions between Jake and Laura.
9.45 Schitt's Creek (AO, C) Don't Worry, It's His Sister: Johnny tries to get a potentially offensive sign taken down.
10.15 2 Broke Girls (PGR, R, C) And the Kitty Kitty Spank Spank: Caroline tries to talk Max out of keeping an old stray cat.
10.45 20/20 (C)
11.15 Super Fun Night (PGR, R, C)
11.45 Samantha Who? (PGR, R, C)
12.15am Go Girls (AO, R, HD, C)
1.15 The Family Tools (PGR, R)
1.40 Infomercials
2.40 Scandal (AO, R, C)
3.25 The Protector (AO, R)
4.15 Kickin' It (G, R, C)
4.40 The 4.30 Show (R)
5.05 Neighbours (G, R, C)
5.30 - 6.00 Infomercials

TV3

FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
9.00 Infomercials
10.30 The Bold and the Beautiful (PGR)
11.00 Rachael Ray (G)
Noon 3 News
12.30 Baggage (AO)
1.00 Dr Phil (AO) Today: The Honey Boo Boo Scandal - Chickadee and Grandma Speak Out.
2.00 The Ricki Lake Show (AO)
3.00 The Real Housewives of New Jersey
4.00 Entertainment Tonight (G)
4.30 Survivor: Worlds Apart (G) Season 30 of the US reality series.
6.00 3 News
7.00 Campbell Live With John Campbell.
7.30 The X Factor NZ (G) Tonight: The bottom two acts sing and one is eliminated.
8.30 The Blacklist (AO, C) Leonard Caul: Red fights for his life while the task force races to track down a figure from his past, and Tom helps in an unexpected way.
9.25 Road Rage Britain: Caught on Camera (AO, HD, C) UK series in which two cyclists swap with a cabbie and a van driver.
10.25 3 News
10.55 Sons of Anarchy (AO, R, C) Playing with Monsters: Samcro moves to secure an important alliance.
12.05am Infomercials
5.30 - 6.00 City Impact Church (R)

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
Infomercials
2.00 Sesame Street (G, R)
2.55 Pingu (G, R)
3.00 Sticky TV (G)
3.05 Chuggington Badge Quest (G, R)
3.10 Strawberry Shortcake Berry Adventures (G, R)
3.35 George of the Jungle (G)
4.05 Sticky TV (G)
4.35 Punk'd (G, R)
5.00 Life's Funniest Moments (G)
5.30 It Only Hurts When I Laugh (G, R)
6.00 Malcolm in the Middle (G, R, C)
6.30 How I Met Your Mother (G, R)
7.00 The Simpsons (G, R, C)
7.30 New Girl (PGR)
Panty Gate: Fawn is at the center of a political scandal
8.00 The Goldbergs (PGR)
Dance Party USA: Erica makes a music video.
8.30 The Xtra Factor NZ (PGR, HD)
Highlights from The X Factor NZ live shows.
9.00 Community (PGR)
Laws of Robotics and Party Rights: Frankie calls a meeting.
9.35 Parks and Recreation (PGR, R)
Anniversaries: Ben sets out to surprise Leslie with an anniversary gift.
10.05 Bad Teacher (PGR, R)
Fieldtrippers: Meredith uses a class field trip to track down a handsome man.
10.30 NYC 22 (AO, R)
11.25 Entertainment Tonight (G)
11.50 - 6.00am Infomercials (G, R)



Four: Parks and Recreation, 9.35pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
6.30 The Crowd Goes Wild (G, R)
7.00 Deal or No Deal (G, R)
7.30 Home Shopping
Noon The Doctors (G)
1.00 The Tonight Show Starring Jimmy Fallon (PGR, R)
2.00 The Jeff Probst Show (G)
3.00 Storage Wars: Canada (PGR, R)
3.30 The Late Show with David Letterman (G)
4.30 Hot Bench (G)
5.00 Deal or No Deal (G)
5.30 Prime News
6.00 Escape to the Country (G, R)
7.00 The Crowd Goes Wild (G)
7.30 Best of Top Gear (PGR, R)
8.30 60 Minutes (PGR)
9.30 Silent Witness (AO, part 1 of 2) Paradise Lost: Nikki helps identify the remains of a killer's undiscovered victims.
10.40 The Tonight Show Starring Jimmy Fallon (PGR)
11.40 The Crowd Goes Wild (G, R)
12.10am Home Shopping
1.40 The Crowd Goes Wild (G, R)
2.10 - 6.00 Home Shopping

MAORI

FREEVIEW 5 SKY 019

- 6.30 Pokoro** (G, R)
7.30 Kia Mau (G, R)
8.00 Iwi Anthems (G, R)
8.30 Te Kaea (R)
9.00 Te Iti Kahurangi: The Journey to Success (G, R)
9.30 Kai Time on the Road (G, R)
10.00 Korero Mai (G, R)
11.00 Toku Reo (G, R)
Noon Korero Mai (G, R)
1.00 Toku Reo (G, R)
2.00 Korero Mai (G, R)
3.00 Kai Time on the Road (G, R)
3.30 Pokoro (G, R)
4.00 Dora Matatooa (G, R)
4.30 SpongeBob Tarau Porowhā (G, R)
5.00 Pukana (G)
5.30 Te Kaea
6.00 Nga Pari Karangaranga (G, R)
6.30 Ako (G, R)
7.00 Te Kaea (R)
7.30 Toi Whakaari (G, R)
8.00 Te Iti Kahurangi (G)
8.30 Native Affairs
9.30 Te Araroa: Tales from the Trails (G, R)
10.30 Iti Pounamu (AO)
11.00 - 11.30 Te Kaea (R)

SKY PREMIERE SKY 030	MOVIES GREATS SKY 032	MOVIES CLASSICS SKY 033	RIALTO SKY 039
<p>6.35 Red 2 (2013, M) Bruce Willis.</p> <p>8.30 Over/Under (2013, M) Steven Pasquale.</p> <p>10.00 The Wolverine (2013, M) Hugh Jackman.</p> <p>12.05 Million Dollar Arm (2014, PG) Jon Hamm.</p> <p>2.10 Suddenly (1996, 16) Kirstie Alley.</p> <p>3.40 47 Ronin (2013, M) Keanu Reeves.</p> <p>5.40 Shadow Witness (2012, M) Kevin Sorbo, Elaine Hendrix.</p> <p>7.05 The Marconi Bros. (2008, 16) Two brothers enter the wedding video business. Dan Fogler.</p> <p>8.30 Wolves (2014, 16) A young man discovers he is a werewolf and is drawn into a lycanthropic war. Lucas Till, Jason Momoa.</p> <p>10.05 The Family (2013, 16) A Mafia boss and his family go into witness protection in France. Robert De Niro.</p> <p>11.55 Roadside (2013, 16) Ace Marrero.</p> <p>1.25am The Marconi Bros. (2008, 16) 2.50 Shadow Witness (2012, M) 4.15 Wolves (2014, 16) 5.50 The Family (2013, 16)</p>	<p>6.30 Gladiator (2000, M) Russell Crowe.</p> <p>9.00 Groundhog Day (1993, PG) Bill Murray.</p> <p>10.40 A Few Good Men (1992, PG) Tom Cruise.</p> <p>12.55 Smokin' Aces (2006, 18) Jeremy Piven.</p> <p>2.45 Paul Blart: Mall Cop (2009, PG) Kevin James.</p> <p>4.15 The Holiday (2006, M) Cameron Diaz.</p> <p>6.30 The Exorcism of Emily Rose (2005, M) Tom Wilkinson.</p> <p>8.30 Night at the Museum (2006, PG) A man takes a job as security guard at New York's Museum of Natural History and discovers that the exhibits coming to life at night. Ben Stiller, Robin Williams, Steve Coogan.</p> <p>10.20 The Host (2013, M) A parasitic alien race comes to earth and invades the bodies of most of the population. Saoirse Ronan, Max Irons, Jake Abel.</p> <p>12.25am Duplex (2003, M) 1.55 Night at the Museum (2006, PG) 3.40 The Host (2013, M) 5.45 The Holiday (2006, M)</p>	<p>6.20 Deathtrap (1982, PG) Michael Caine.</p> <p>8.15 Close Up: Nicolas Cage</p> <p>8.45 The Wild Bunch (1969, 16) William Holden.</p> <p>11.10 Outland (1981, M) Sean Connery.</p> <p>1.00 Gung Ho (1986, PG) Michael Keaton.</p> <p>2.50 Star Trek: Generations (1994, PG) Patrick Stewart.</p> <p>4.45 Final Analysis (1992, M) Richard Gere.</p> <p>6.50 Singles (1992, PG) A group of twentysomethings in an apartment building in Seattle search for love and success. Bridget Fonda.</p> <p>8.30 54 (1998, M) A teenager from New Jersey comes of age amid the bright lights and excitement of Studio 54. Ryan Phillippe, Salma Hayek.</p> <p>10.10 Hart's War (2002, M) A law student serving in the US Army during WWII defends an African-American man charged with murder. Bruce Willis, Terrence Howard.</p> <p>12.15am Clerks (1994, 16) 1.45 Clash of the Titans (1981, PG) 3.40 The Wild Bunch (1969, 16)</p>	<p>6.00 A Five Star Life (2013, M) Stefano Accorsi.</p> <p>7.05 My Brother the Devil (2012, 16) James Floyd.</p> <p>9.00 20 Feet from Stardom (2013, M) US documentary.</p> <p>10.30 Arthur Newman (2012, M) Colin Firth.</p> <p>12.10 Artifact (2012, M) US documentary.</p> <p>1.50 Computer Chess (2013, M)</p> <p>3.20 Last Days Here (2011, 16) US documentary.</p> <p>4.50 Good Vibrations (2012, M) Liam Cunningham.</p> <p>6.30 Words and Pictures (2014, M) A flamboyant English teacher courts a stoic art teacher. Clive Owen, Juliette Binoche.</p> <p>8.30 The Past (2013, M) After deserting his family, a man is forced to face his actions when his wife requests a divorce. Tahar Rahim.</p> <p>10.45 52 Tuesdays (2014, 16) Tilda Cobham-Hervey.</p> <p>12.40am Rectify (2013, 16, season 2, episodes 1-2) 2.15 Last Days Here (2011, 16) 3.45 Computer Chess (2013, M) 5.15 52 Tuesdays (2014, 16)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30** Nigel & Adam's Farm Kitchen **7.30** Kirstie's Fill Your House for Free **8.30** Million Dollar Critic with Giles Coren **9.30** The Adventures of Merlin **10.30** Nigel & Adam's Farm Kitchen **11.30** Bill's Kitchen: Notting Hill **Noon** Coast **1.00** Kirstie's Fill Your House for Free **2.00** Million Dollar Critic with Giles Coren **3.00** Beat My Build **4.00** The Hairly Bakers **4.30** Rachel Allen's Everyday Kitchen **5.00** Holmes Makes it Right **6.00** Baggage Battles **6.30** Buying Alaska **7.00** Beverly Hills Pawn **7.30** Travels with the Bondi Vet **8.00** Destination Flavour **8.35** Lost Kingdoms of South America **10.00** Richard E Grant's Hotel Secrets (PGR) **11.00** Holmes Makes it Right **12.00am** Lonely Planet: Best in Asia **12.30** Benny Hinn **1.00** Beat My Build **2.00** The Hairly Bakers **2.30** Rachel Allen's Everyday Kitchen **3.00** Buying Alaska **3.30** Baggage Battles **4.00** Travels with the Bondi Vet **4.30** Destination Flavour **5.00** Lost Kingdoms of South America

UKTV SKY 007

6.00 Twenty Twelve (16) **6.30** The Vicar of Dibley (PG) **7.00** The Bill (16) **7.50** Eggheads (PG) **8.20** The Graham Norton Show (16) **9.10** Pointless (PG) **10.00** New Tricks (16) **10.55** The Bill (16) **11.45** QI (16) **12.15** The Vicar of Dibley (PG) **12.45** Would I Lie to You? (PG) **1.15** The Graham Norton Show (16) **2.05** A Touch of Frost (16) **4.05** The Bill (16) **5.00** New Tricks (16) **6.00** Pointless (PG) **6.55** EastEnders (PG) **7.25** QI (16) **8.00** Would I Lie to You? (PG) Tonight: With panellists Robert Webb, Sir Terry Wogan, Katy Wix and Kevin Bridges. **8.30** New Tricks (16) The One That Got Away: Pullman hopes to solve a murder that she believes is linked to her first case. **9.30** Lewis (16) Old, Unhappy, Far-Off Things: One of the alumni from Oxford's last-surviving, all-female university is found murdered during a reunion. **11.10** The Graham Norton Show (16) Tonight: Emma Thompson, Matt Smith, David Tennant and Robbie Williams. **12.00am** The Bill (16) **12.50** Pointless (PG) **1.40** The Vicar of Dibley (PG) **2.10** A Touch of Frost (16) **3.55** Would I Lie to You? (PG) **4.25** The Adventures of Merlin (PG) **5.10** The Graham Norton Show (16)



Movies Greats: The Host, 10.20pm

Living SKY 008

6.00 The Mekong River with Sue Perkins **6.30** Phil Spencer: Secret Agent **7.30** Kirstie's Fill Your House for Free **8.30** DIY SOS: The Big Build **9.30** The Nate Berkus Show **10.30** Restoration Man **11.30** Antiques Roadtrip **12.30** The Mekong River with Sue Perkins **1.30** My Flatpack Home **2.00** Obsessive Compulsive Cleaners **3.00** Antiques Roadtrip **4.00** Zoo Days **4.30** Flog It! **5.30** Escape to the Country **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Grand Designs **9.30** Restoration Man **10.30** Location Location **11.30** Antiques Roadtrip **12.30am** Flog It! **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Location Location **4.30** A Place in the Sun **5.30** Flog It!

Sky Arts SKY 027

6.00 Front and Center: Cyndi Lauper **6.30** Other Voices **7.25** In Conversation **8.00** Sade: Bring Me Home **10.05** Jayne Mansfield: Hollywood Dream Factory **11.00** Visual Acoustics **12.30** Rockwiz **1.30** Front and Center: Cyndi Lauper **2.30** Other Voices **3.25** In Conversation **4.00** Camera Music **4.20** Put Some Colour in Your Life **5.10** First Footprints **7.00** Playhouse Presents: Timeless (PG) **7.30** Put Some Colour in Your Life **8.00** Grand Art: Lucian Freud **8.30** Retro Culture **9.25** Lady in Number 6 (PG) **10.05** Talks Music **10.55** Art of the Heist: The Disappeared **12.00am** Camera Music **12.20** Put Some Colour in Your Life **1.10** First Footprints **3.00**

Playhouse Presents: Timeless (PG) **3.30** Put Some Colour in Your Life **4.00** Grand Art: Lucian Freud **4.30** Retro Culture **5.25** Lady in Number 6 (PG)

SoHo SKY 010

6.00 Thronecast (18) **6.30** Band of Brothers (16) **7.40** The Americans (16) **8.30** Bates Motel (16) **9.30** Mad Men (16) **10.30** Orphan Black (16) **11.30** Entourage (16) **Noon** Game of Thrones (18) **2.00** Entourage (16) **2.30** Bates Motel (16) **3.30** Band of Brothers (16) **4.25** The Americans (16) **5.10** Mad Men (16) **6.00** Entourage (16) **7.00** Game of Thrones (18) **8.00** Thronecast (18) **8.30** Game of Thrones (18) The Son of the Harpy: Margaery seeks prudent counsel. **9.30** Orphan Black (16) Formalized, Complex, and Costly: Sarah and her sisters are still in shock about the male clones. **10.30** Last Week Tonight with John Oliver (16) **11.00** Entourage (16) **11.30** Bates Motel (16) **12.30am** Episodes (16) **1.00** Catastrophe (16) **1.30** Game of Thrones (18) **2.30** Thronecast (18) **3.00** Game of Thrones (18) **4.00** Orphan Black (16) **5.00** Catastrophe (16) **5.30** Last Week Tonight with John Oliver (16)

BBC World News SKY 089

6.00 BBC World News **6.15** Sport Today **6.30** Talking Business with Linda Yueh **7.00** BBC World News **7.10** World Features **7.30** Artsnight **8.00** BBC World News **9.10** Unfinished Masterpieces **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** BBC Impact **2.30** HARDtalk **3.00** Global **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

6.00 Fishing and Adventure **6.30** Netball, ANZ, round 10, Mystics v Tactix. **7.00** Rugby Nation **8.00** Fox Sports News **8.30** Volvo Ocean Race **9.00** Netball, College, Upper North Island Playoff. **10.00** Super Rugby, Lions v Bulls. **Noon** Arsenal TV **3.00** Rugby Nation **4.00** Small Blacks TV **4.15** Random Rugby TV **4.30** Golf, World C'ships, Cadillac Match Play, semi-finals and final. **5.00** Red Stag Timber Hunters Club **5.30** Cricket, IPL, Kings XI Punjab v Mumbai Indians. **6.00** Cricket, IPL, Rajasthan Royals v Delhi Daredevils. **6.30** Golf Central **7.30** Rugby Nation **8.30** Netball, ANZ, round 10, Steel v Pulse. **9.00** Netball, ANZ, round 10, Mystics v Tactix. **9.30** Netball Zone **10.00** Nascar Sprint Cup, Geico 500. **11.00** Nascar Xfinity **12.00am** AFL, Adelaide v Port Adelaide. **3.00** Rugby Nation **4.00** Golf, World C'ships, Cadillac Match Play, semi-finals and final. **4.30** A-League Highlights **5.00** The Football League Show **5.30** Red Stag Timber Hunters Club

Sky Sport 2 SKY 052

6.00 Nascar Sprint Cup, Geico 500, **live**. **8.30** Cycling, Tour of Yorkshire, stage three. **10.00** Moto GP, Gran Premio bwin de Espana. **10.30** Cycling, Tour of Turkey, stage eight. **12.30** Soccer, A-League, second elimination final. **1.00** Rugby League, Int'l, Jr Kangaroos v Jr Kiwis. **3.00** V8 Supercars, Perth Supersprint. **4.30** Netball, College, Upper North Island Playoff. **5.30** Netball, ANZ, round 10, Mystics v Tactix. **6.00** Netball Zone **6.30** Rugby League, Anzac Test, Aust v Kiwis. **7.00** Red Stag Timber Hunters Club **7.30** Rugby League, Anzac Test, Aust v NZ. **9.30** Monday Night with Matty Johns **10.30** Rugby League, Int'l, Jr Kangaroos v Jr Kiwis. **12.30am** The Football League Show **1.00** Chelsea TV **4.00** Nascar Sprint Cup, Geico 500. **5.00** Nascar Xfinity.

Sky Sport 3 SKY 053

6.00 Soccer, A-League, second elimination final. **6.30** Golf, WGC Cadillac Match Play, quarter-finals.

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** Deadliest Catch (PG) **7.30** Railroad Alaska (PG) **8.30** MythBusters (PG) **9.30** Billy Bob's Gags to Riches (M) **10.30** Big Giant Swords (PG) **11.30** Dead of Night (M) **12.30** Dates from Hell (M) **1.30** Cell Block Psychic (M) **2.30** How It's Made (PG) **3.30** Moonshiners (M) **4.30** Deadliest Catch (PG) **5.30** MythBusters (PG) **6.30** Insane Pools: Off the Deep End (PG) **7.30** Auction Hunters (PG) **8.30** MythBusters (PG) Star Wars Special: Star Wars-related myths are tested. **9.30** You Have Been Warned (M) **10.30** How It's Made (PG) **11.30** Heartbreakers (M) **12.30am** Stalked: Someone's Watching (M) **1.30** Blood Relatives (M) **2.30** Auction Kings (PG) **3.00** Deadliest Catch (PG) **4.00** Bering Sea Gold (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Ghost Town Gold (PG) **6.30** Air Crash Investigations (PG) **7.30** Alaska Wing Men (M) **8.30** Yukon Gold (M) **9.30** Beyond Magic with DMC (PG) **10.30** Rebuilding Titanic **11.30** Crowd Control (PG) **Noon** Street Genius (PG) **12.30** Air Crash Investigations (PG) **1.30** Inside the American Mob (M) **2.30** Situation Critical (M) **3.30** StarTalk (M) **4.30** Filthy Riches (M) **5.30** Megastructures: Icebreaker **6.30** The Numbers Game (PG) **7.00** Hacking the System (PG) **7.30** Science of Stupid (M) **8.00** Brain Games (PG) **8.30** Science of Stupid (M) **9.00** Crowd Control (PG) **9.30** StarTalk (M) **10.30** Cosmos: A Spacetime Odyssey (PG) **11.30** Air Crash Investigations (PG) **12.30am** Brain Games (PG) **1.00** Hacking the System (PG) **1.30** Inside the American Mob (M) **2.30** Situation Critical (M) **3.30** StarTalk (M) **4.30** Cosmos: A Spacetime Odyssey (PG) **5.30** Hacking the System (PG)

**National Geographic: Hacking the System,** 7.00pm

7.00 Golf, WGC Cadillac Match Play, semi-finals and final. **live**. **Noon** Netball, ANZ, Mystics v Tactix. **12.30** Netball Zone **1.00** MUTV **4.00** Rugby League, Anzac Test, Aust v NZ. **4.30** Moto GP, Gran Premio bwin de Espana. **5.00** Cycling, Tour of Turkey, stage eight. **5.30** Nascar Sprint Cup, race 32, Geico 500. **6.30** Nascar Xfinity. **7.30** Moto GP, Gran Premio bwin de Espana. **8.00** Golf, WGC Cadillac Match Play, semi-finals and final. **8.30** Fishing and Adventure **9.00** The Red Stag Timber Hunters Club **9.30** Cycling, Tour of Turkey, stage eight. **10.00** The Crowd Goes Wild **10.30** The Red Stag Timber Hunters Club **11.00** Fox Sports News **11.30** The Crowd Goes Wild **12.00am** A-League Highlights Show **12.30** British Superbike, Oulton Park International, **live**.

ESPN SKY 061

6.00 Equestrian, s-Hertogenbosch. **7.00** Snooker, 2009 Premier League. **9.00** Bowling, PBA Players C'ship. **10.00** SportsCenter **11.00** Baseball Tonight **Noon** Baseball, MLB. **live**. **3.00** SportsCenter **6.00** ESPN Original Documentaries **7.00** Soccer, MLS, Kansas City v Chicago Fire. **9.00** 2015 Draft Academy: Pro Days **10.00** ESPN FC **11.00** Baseball, MLB. **1.00am** Mike and Mike **4.00** ESPN First Take

History SKY 073

7.30 The Vietnam War (PG) **8.30** Ancient Discoveries (PG) **9.30** History of Warfare (PG) **10.30** Tony Robinson's Tour of Duty (PG) **11.30** Keating (PG) **12.30** The Revolutionary (PG) **2.30** History's Raiders (PG) **3.30** Secret War (PG) **4.30** Great Crimes and Trials (PG) **5.30** Mysteries at the Museum (PG) **6.30** Ancient Discoveries (PG) **7.30** Doomsday: World War I (PG) Battle of Nations: A look at Germany's WWI defeat. **8.30** The Royal Safari (PG) Film footage shot by Edward VIII himself, revealing his campaign to protect Africa's wildlife. **9.30** Deadline Gallipoli: The Full Story (PG) The making of the landmark drama. **10.30** A Great Welsh Adventure **11.30** Ancient Black Ops (M) **12.30am** Gladiators of WWII (PG) **1.30** Secrets of World War II (PG) **2.30** Secret War (PG) **3.30** Doomsday: World War I (PG) **4.30** The Royal Safari (PG) **5.30** Deadline Gallipoli: The Full Story (PG)

BBC Knowledge SKY 074

6.00 Ross Kemp: Extreme World (16) **9.00** Embarrassing Bodies (M) **9.50** Who Do You Think You Are? (M) **10.50** Michael Palin's New Europe (PG) **11.45** Top Gear (PG) **1.35** Junior Doctors (M) **2.25** Paul Merton in Europe (M) **3.10** Who Do You Think You Are? (PG) **4.10** Dragons' Den (PG) **5.15** Top Gear (PG) **7.30** Top Gear: Polar Special (PG) **8.30** Mud, Sweat & Gears (M) Jonny and Wookie lead teams as they remodel cars to compete in physical, athletic challenges. **9.30** The Royal Marines (M) The recruits worry about the nature of their work. **10.25** Top Gear (PG) **11.25** Top Gear USA (AO) **12.15am** Junior Doctors (M) **1.05** Paul Merton in Europe (M) **1.50** Who Do You Think You Are? (PG) **2.50** Dragons' Den (PG) **3.55** Top Gear: Polar Special (PG) **4.50** Mud, Sweat & Gears (M) **5.40** The Royal Marines (M)

RADIO

RNZ National FREEVIEW 50 SKY 421

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Manu Korihi News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: Touchstones, by James McNeish, read by Ian Johnstone (4 of 8, RNZ) (ninetonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora (RNZ) An hour of discussion with a range of panellists from right along the opinion spectrum (thepanel@radionz.co.nz)

5.00 Checkpoint Radio New Zealand's two-hour news and current affairs programme (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Entertainment and information, including: 8.13 Windows on the World: International public radio features and documentaries; 9.30 Insight: Coverage of national and international current affairs (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition

11.06 You Ain't Talkin' to Me: Charlie Poole and the Roots of Country Music

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Spectrum (RNZ); 1.05 From the World (RNZ); 2.05 Windham Hill: A Quiet Revolution; 3.05 The Captive Wife, by Fiona Kidman (7 of 15, RNZ); 3.30 An Author's View (RNZ); 5.10 Witness (BBC)

Details available at www.radionz.co.nz

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Elizabeth Kerr profiles New Zealand composer Ross Harris (b1945), marking both the composer's 70th birthday later this year and New Zealand Music Week **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Tchaikovsky, Ries and Brahms; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat Music news and current affairs with Eva Radich (RNZ)

3.00 Classic Afternoons with David Morriss

Including: CD Masters - Classic performances from the back catalogue; 4.00 Made in New Zealand - NZ performers and composers **7.00 Composer of the Week** Ross Harris (b1945) **See page 72**

8.00 Music Alive The BBC Philharmonic marks the 100th anniversary of Anzac Day. Tony Lee (pno), BBC Phil/Tecwyn Evans - Williamson: Sinfonietta; Farr: Concerto for piano and orchestra; Lilburn: Symphony No 2 (BBC)

10.00 Day's End Music to wind down to, with works by Smetana, Karłowica and Villa-Lobos **12.00am Music Through the Night**

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Danny Watson **4.00** Larry Williams **7.00** Mark Watson **Sportstalk** **8.00** Kerre McIvor **Talkback** **12.00am** Bruce Russell **Talkback** **5.00 - 6.00** Rachel Smalley

TV1

FREEVIEW 1 SKY 001

- 6.00 Breakfast**
9.00 Good Morning Morning With Jeanette Thomas, Astar and Matai Smith.
10.00 The Ellen DeGeneres Show (R, C)
11.00 Brendan's Magical Mystery Tour (G, R, C)
11.30 Come Dine with Me UK (G)
Noon ONE News (C)
12.30 Emmerdale (PGR, C)
 Today: Robert is worried for Andy; Lisa overexerts herself; and James tries to reason with Finn.
1.30 Coronation Street (PGR, R, C, AD) Today: Tina and Gary bury their awful secret; Roy sets off in search of his dad; and will Anna betray Owen's wishes?
2.00 Four Weddings USA (G, R)
3.00 Dickinson's Real Deal (G)
3.55 Te Karere (C)
4.25 The Chase (G, C)
5.25 Millionaire Hot Seat (C)
 Eddie McGuire hosts a gameshow.
6.00 ONE News (C)
7.00 Seven Sharp (C) With Mike Hosking and Pippa Wetzell.
7.30 Dog Squad (PGR, HD, C)
 Tonight: Wellington Delta Dog Team Stu and Link confront some wrongdoers who broke into a hair salon and took off with the till, and a medicinal marijuana user is caught out by Customs drug dog Titan.
8.00 SCU Serious Crash Unit (PGR, C) Birdwood: The SCU investigate a fatal crash after a motorcyclist is killed driving a very familiar road.
8.30 Person of Interest (AO, C, AD) Karma: Reese and Finch try to protect a psychologist whose methods for helping his patients find closure could cost him dearly.
9.30 Unforgettable (AO, C) The Island: Carrie and Al conduct a murder investigation that uncovers the illegal human testing of a deadly new virus and its cure.
10.25 ONE News Tonight (C)
10.55 Major Crimes (AO) Sweet Revenge: The murder of a tech entrepreneur with possible mob connections has the team working overtime, and Rusty struggles to feel accepted when Raydor's son visits.
11.45 Beyond the Darklands (AO, R, C, AD) Nia Glassie: Three-year-old Nia Glassie's death was one of the most shocking cases of child abuse New Zealand has seen and Nigel Latta looks at the perpetrators.
12.45am Te Karere (R, C)
1.10 Infomercials
5.05 Faith in Action
5.35 - 6.00 Te Karere (R, C)

TV2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar**
6.30 Tiki Tour (G, R, HD, C)
6.52 Piggy Tales (G, C)
6.55 Pokemon: Black and White (G, R, C)
7.20 Back at the Barnyard (G, R, C)
7.45 SpongeBob SquarePants (G, R, C)
8.15 Jungle Junction (G, R, C)
8.35 Jane and the Dragon (G, R, C)
9.00 Infomercials
10.30 Neighbours (G, R, C)
11.00 Home and Away (R, C)
11.30 Shortland Street (PGR, R, HD, C, AD)
Noon Two and a Half Men (PGR, R, C)
12.30 Jeremy Kyle (PGR)
1.30 Judge Rinder
2.35 The Ellen DeGeneres Show (C)
3.30 Kung Fu Panda (G, R, C)
4.00 Dog with a Blog (G, C)
4.30 The 4.30 Show (G) Today: A Sammy J interview; Flawless performs; Kiwi Fern Maitua Feterika runs through some drills; and a competition for Mother's Day.
5.00 America's Funniest Home Videos (G, R, C)
5.30 Home and Away (C)
 Today: Chris takes his emotions out on Irene and Maddy.
6.00 The New Adventures of Old Christine (G, R, C)
6.30 Neighbours (G, C)
 Tonight: Paul and Naomi move forward.
7.00 Shortland Street (PGR, HD, C, AD) Tonight: Vinnie gets to the crux of Nicole's problem. Writer Paul Hagan, directors Ian Hughes and Richard Barr.
7.30 My Kitchen Rules (G, C)
 Tonight: In Western Australia, Eva and Debra are ready to cook up a storm.
8.45 How to Get Away with Murder (AO, C, AD) Mama's Here Now: A guilty Annalise turns to an unlikely source for help.
9.45 Grey's Anatomy (AO, C)
 Staring at the End: The doctors become fascinated with Dr Herman's case after Amelia's lecture.
10.45 Revenge (AO, C)
 Abduction: In order to survive, Emily and Victoria must set aside their grudge.
11.45 Scandal (AO) No More Blood: Olivia foils the auction, allowing Huck one more chance.
12.40am Embarrassing Bodies Down Under (AO, R, C)
1.40 Infomercials
2.45 Scandal (AO, R, C)
3.30 The Protector (AO, R)
4.15 Kickin' It (G, R, C)
4.40 The 4.30 Show (R)
5.05 Neighbours (G, R, C)
5.30 - 6.00 Infomercials

TV3

FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
9.00 Infomercials
10.30 The Bold and the Beautiful (PGR)
11.00 Rachael Ray (G)
Noon 3 News
12.30 Baggage (AO)
1.00 Dr Phil (AO) Today: Ex-wife and Ex-lover Working Together to Keep Me Away from My Son.
2.00 The Ricki Lake Show (AO)
3.00 The Real Housewives of New Jersey
4.00 Entertainment Tonight (G)
4.30 Million Dollar Minute (G, R)
5.00 Survivor: Worlds Apart (G)
6.00 3 News
7.00 Campbell Live With John Campbell.
7.30 The Bachelor NZ (C, another episode screens tomorrow) Tonight: Only three bachelorettes remain.
8.30 NCIS (AO, C) We Build, We Fight: A Navy lieutenant who is set to be the first openly gay serviceman to receive the Medal of Honour is murdered.
9.30 NCIS: Los Angeles (AO, C) Forest for the Trees: Callen and Sam are kidnapped while following up an anonymous tip about a missing NSA agent.
10.25 3 News
10.55 The Good Wife (AO) The Debate: Alicia and Frank Prady appear in a debate in the race for State's Attorney.
11.55 - 6.00 Infomercials

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
9.50 Infomercials
2.00 Sesame Street (G, R) **2.55 Pingu** (G, R) **3.00 Sticky TV** (G) **3.05 Chuggington** Badge Quest (G, R) **3.10 Strawberry Shortcake** Berry Adventures (G, R) **3.35 George of the Jungle** (G) **4.05 Sticky TV** (G) **4.35 Punk'd** (G, R) **5.00 Life's Funniest Moments** (G) **5.30 It Only Hurts When I Laugh** (G, R) **6.00 Malcolm in the Middle** (G, R, C) **6.30 How I Met Your Mother** (G, R) The Locket: It is Robin and Barney's wedding weekend, and the couple make an unsettling discovery. **7.00 The Simpsons** (PGR, R, C) Treehouse of Horror VI: Homer tumbles into another dimension. **7.30 Face Off** (PGR) US reality series in which special effects artists compete.
8.30 Undercover Brother (2002, AO, R, C) A secret agent infiltrates a corporation attempting to undermine a presidential candidate. Eddie Griffin, Chris Kattan, Denise Richards. **10.20 Witches of East End** (AO, R) Boogie Knights: Wendy and Freddie try to stop the Mandragora. **11.15 Entertainment Tonight** (G) **11.40 - 6.00am Infomercials**



Prime: Ross Kemp: Extreme World, 9.35pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
6.30 The Crowd Goes Wild (G, R)
7.00 Deal or No Deal (G, R)
7.30 Home Shopping
Noon The Doctors (G)
1.00 The Tonight Show Starring Jimmy Fallon (PGR, R)
2.00 The Jeff Probst Show (G)
3.00 Storage Wars (G, R)
3.30 The Late Show with David Letterman (G)
4.30 Hot Bench (G)
5.00 Deal or No Deal (G)
5.30 Prime News
6.00 Escape to the Country (G, R)
7.00 The Crowd Goes Wild (G)
7.30 Rick Stein's India (G, R)
8.30 Prime Rocks: In and Out of Hell (AO) A profile of rock legend Meat Loaf.
9.35 Ross Kemp: Extreme World (AO)
10.35 The Tonight Show Starring Jimmy Fallon (PGR)
11.35 The Crowd Goes Wild (G, R)
12.05am Home Shopping
1.35 The Crowd Goes Wild (G, R)
2.05 - 6.00 Home Shopping

MAORI

FREEVIEW 5 SKY 019

- 6.30 Pokoro** (G, R)
7.00 Dora Matatoa (G, R)
7.30 SpongeBob Tarau Porowha (G, R)
8.00 Pukana (G, R)
8.30 Te Kaea (R)
9.00 Te Iti Kahurangi: The Journey to Success (G, R)
9.30 Kai Time on the Road (G, R)
10.00 Korero Mai (G, R)
11.00 Toku Reo (G, R)
Noon Korero Mai (G, R)
1.00 Toku Reo (G, R)
2.00 Korero Mai (G, R)
3.00 Kai Time on the Road (G, R)
3.30 Pokoro (G, R)
4.00 Dora Matatoa (G, R)
4.30 SpongeBob Tarau Porowha (G, R)
5.00 Pukana (G)
5.30 Te Kaea
6.00 Nga Pari Karangaranga (G, R)
6.30 Ako (G, R)
7.00 Te Kaea (R)
7.30 The Big Hit
8.00 Kaitiaki Wars (PGR)
8.30 Mea Maxima Culpa: Silence in the House of God (2012, AO) **Films, page 70**
10.30 Media Take
11.00 Tagata Pasifika
11.30 - 12.00am Te Kaea (R)

SKY PREMIERE

SKY 030

- 6.00** **The Family** (2013, 16)
Robert De Niro.
- 7.40** **Roadside** (2013, 16)
Ace Marrero.
- 9.10** **The Marconi Bros.** (2008, 16)
Dan Fogler.
- 10.35** **Shadow Witness** (2012, M)
Kevin Sorbo.
- Noon** **Wolves** (2014, 16) Lucas Till.
- 1.35** **Roadside** (2013, 16)
Ace Marrero.
- 3.10** **The Family** (2013, 16)
Robert De Niro.
- 5.00** **Goats** (2012, 16)
David Duchovny.
- 6.35** **Out of the Furnace**
(2013, 16) Christian Bale.
- 8.30** **Paranormal Movie** (2013)
A man documents the horror he and his girlfriend experience when moving into a new home. Kevin Farley, Nicky Whelan.
- 10.00** **Edge of Tomorrow** (2014, M)
Tom Cruise.
- 11.55** **Assault on Wall Street**
(2013, 18) Dominic Purcell.
- 1.35am** **Goats** (2012, 16) 3.10 Close Up: Matthew McConaughey (PG) 3.40 Assault on Wall Street (2013, 18) 5.20 Out of the Furnace (2013, 16)

MOVIES GREATS

SKY 032

- 6.00** **The Holiday** (2006, M)
Cameron Diaz.
- 8.00** **The Exorcism of Emily Rose**
(2005, M) Tom Wilkinson.
- 10.00** **Duplex** (2003, M) Ben Stiller.
- 11.30** **Night at the Museum**
(2006, PG) Ben Stiller.
- 1.15** **The Host** (2013, M)
Saoirse Ronan.
- 3.20** **A View from the Top**
(2003, PG) Gwyneth Paltrow.
- 4.50** **Spartan** (2004, M)
Val Kilmer.
- 6.35** **The Twilight Saga: Breaking Dawn Part 2** (2012, M)
Robert Pattinson.
- 8.30** **500 Days of Summer**
(2009, M) A man becomes romantically attracted to his co-worker, despite her claim she does not believe in true love. Zooey Deschanel, Joseph Gordon-Levitt, Geoffrey Arend.
- 10.10** **Traffic** (2000, M)
An exploration of the drug trade. Benicio Del Toro.
- 12.35am** **Bounce** (2000, M) 2.20 **Spartan** (2004, M) 4.05 **A View from the Top** (2003, PG) 5.30 **The Twilight Saga: Breaking Dawn Part 2** (2012, M)

MOVIES CLASSICS

SKY 033

- 6.00** **Hollywood Singing & Dancing** (PG)
- 6.55** **Hart's War** (2002, M)
Bruce Willis.
- 9.00** **Wait Until Dark** (1967, M)
Audrey Hepburn.
- 10.50** **Kansas City Bomber**
(1972, M) Raquel Welch.
- 12.30** **Full Metal Jacket** (1987, 16)
Matthew Modine.
- 2.25** **The Fabulous Baker Boys**
(1989, M) Jeff Bridges.
- 4.20** **The Secret of My Success**
(1987, PG) Michael J Fox.
- 6.10** **Born on the Fourth of July**
(1989, M) Based on the life of Vietnam veteran Ron Kovic. Tom Cruise.
- 8.30** **The Cider House Rules**
(1999, M) A young man raised in an orphanage by a benevolent guardian decides to leave his home and see the world for himself. Tobey Maguire, Michael Caine.
- 10.35** **EDtv** (1999, PG)
Matthew McConaughey.
- 12.40am** **The Crow: City of Angels** (1996, 18) 2.05 **Money Talks** (1997, 16) 3.55 **The Fabulous Baker Boys** (1989, M) 5.50 **Born on the Fourth of July** (1989, M)

RIALTO

SKY 039

- 6.00** **52 Tuesdays** (2014, 16)
Tilda Cobham-Hervey.
- 7.10** **The Past** (2013, M)
Tahar Rahim.
- 9.30** **Words and Pictures**
(2014, M) Clive Owen.
- 11.30** **Another Woman's Life**
(2012, M) Juliette Binoche.
- 1.05** **Muscle Shoals** (2013, PG)
US documentary.
- 2.55** **Tommy Cooper: Not Like That, Like This** (2014, M)
David Threlfall.
- 4.40** **Night Train to Lisbon**
(2013, M) Jeremy Irons.
- 6.30** **Only Lovers Left Alive**
(2013, M) Tilda Swinton.
- 8.30** **The Red Road** (2015, M, season 2, episode 5)
Tonight: Harold makes a discovery in an abandoned mine.
- 9.20** **Elena** (2011, M)
Nadezhda Markina.
- 11.10** **The Cure** (2014, M)
Antonia Prebble.
- 12.40am** **Rectify** (2014, 16, season 2, episodes 3-4) 2.10 **Another Woman's Life** (2012, M) 3.45 **Tommy Cooper: Not Like That, Like This** (2014, M) 5.30 **Night Train to Lisbon** (2013, M)

GENERAL

Choice TV FREEVIEW 12 SKY 026

- 6.00** Benny Hinn **6.30** Beverly Hills Pawn **7.00** Buying Alaska **7.30** Beat My Build **8.30** The Hairly Bakers **9.00** Rachel Allen's Everyday Kitchen **9.30** Holmes Makes it Right **10.30** Baggage Battles (PG) **11.00** Buying Alaska **11.30** Beverly Hills Pawn **Noon** Travels with the Bondi Vet **12.30** Destination Flavour **1.00** Lost Kingdoms of South America **1.30** Bath Crashers **3.00** Beat My Build **4.00** The Pioneer Woman **4.30** Trish's Paris Kitchen **5.00** Better Homes and Gardens **6.30** Buying the Bayou **7.00** Auction Hunters (PGR) **7.30** Full Frontage **8.00** A Place in the Sun **8.30** How Did You Do That? Office Reno **9.00** Sarah Beeny: How to Sell Your Home **9.30** My Dream Home **10.30** Auction Hunters (PGR) **11.00** Better Homes and Gardens **12.30am** Benny Hinn **1.00** Beat My Build **2.00** The Pioneer Woman **2.30** Trish's Paris Kitchen **3.00** Buying the Bayou **4.00** Full Frontage **4.30** A Place in the Sun **5.00** How Did You Do That? Office Reno **5.30** Sarah Beeny: How to Sell Your Home

UKTV SKY 007

- 6.00** EastEnders (PG) **6.30** The Vicar of Dibley (PG) **7.00** The Bill (16) **7.50** Eggheads (PG) **8.20** The Graham Norton Show (16) **9.10** Pointless (PG) **10.00** New Tricks (16) **10.55** The Bill (16) **11.45** EastEnders (PG) **12.15** The Vicar of Dibley (PG) **12.45** Would I Lie to You? (PG) **1.15** The Graham Norton Show (16) **2.05** A Touch of Frost (16) **4.05** The Bill (16) **5.00** New Tricks (16) **6.00** Pointless (PG) **6.55** EastEnders (PG) **7.25** QI (16) **8.00** Would I Lie to You? (PG) Tonight: With panellists Robert Webb, Sir Terry Wogan, Katy Wix and Kevin Bridges. **8.30** Heartbeat (16) The Big Chill: Joe and Rachel try to uncover a drug-smuggling ring. **9.25** Inspector George Gently (16) In 1960s Britain, a seasoned inspector investigates crime. **11.10** The Graham Norton Show (16) **12.00am** The Bill (16) **12.50** Pointless (PG) **1.40** The Vicar of Dibley (PG) **2.10** A Touch of Frost (16) **3.55** Would I Lie to You? (PG) **4.25** The Adventures of Merlin (PG) **5.10** The Graham Norton Show (16)

Living SKY 008

- 6.00** Flog It! **6.30** Restoration Man **7.30** Grand



Rialto: Elena, 9.20pm

Designs **8.30** Antiques Roadtrip **9.30** The Nate Berkus Show **10.30** Homes Under the Hammer **11.30** Antiques Roadshow **12.30** Location Location **1.30** My Flatpack Home **2.00** Restoration Man **3.00** Antiques Roadtrip **4.00** Zoo Days **4.30** Flog It! **5.30** Grand Designs **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Phil Spencer: Secret Agent **9.30** To Build or Not to Build **10.30** Location Location **11.30** Antiques Roadtrip **12.30am** Flog It! **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Location Location **4.30** A Place in the Sun **5.30** Flog It!

Sky Arts SKY 027

6.00 Lady in Number 6 (PG) **6.05** Talks Music **6.55** Art of the Heist: The Disappeared **8.00** Camera Music **8.20** Put Some Colour in Your Life **9.10** First Footprints **11.00** Playhouse Presents: Timeless (PG) **11.30** Put Some Colour in Your Life **Noon** Grand Art: Lucian Freud **12.30** Retro Culture **1.25** Lady in Number 6 (PG) **2.05** Talks Music **2.55** Art of the Heist: The Disappeared **4.00** Angels in New York **4.35** NASA: The Spirit of Apollo **5.35** Magic Camp (2012, G) **7.00** Ugly Beauty **8.00** Put Some Colour in Your Life **8.30** Libeskind **10.00** The Book Show **10.45** Other Voices **11.40** Camera Music **12.00am** Angels in New York **12.35** NASA: The Spirit of Apollo **1.35** Magic Camp (2012, G) **3.00** Ugly Beauty **4.00** Put Some Colour in Your Life **4.30** Libeskind

SoHo SKY 010

6.00 Entourage (16) **6.30** Bates Motel (16) **7.30** Game of Thrones (18) **9.30** Orphan Black (16) **10.30** Catastrophe (16) **11.00** Episodes (16) **11.30** Bates Motel (16) **12.30** Last Week Tonight with John Oliver (16) **2.50** Entourage (16) **1.20** Game of Thrones (18) **2.20** Thronecast (18) **2.50** Game of Thrones (18) **3.50** Bates Motel (16) **4.40** Orphan Black (16) **5.30** Episodes (16) **6.00** Catastrophe (16) **6.30** Entourage (16) **7.00** Last Week Tonight with John Oliver (16) **7.30** Mad Men (16) Lost Horizon: Don receives a reward for his work. **8.30** Penny Dreadful (18) Season two of the US drama series. Fresh Hell: Sir Malcolm returns to find a new evil hunting Vanessa. **9.30** Breaking Bad (18) Fly: Walt heads back to the lab to meet Gus's quota, and Jesse fears an he will uncover his pilfering. **10.30** Entourage (16) **11.00** Entourage (16) **11.30** Game of Thrones (18) **12.30am** The Americans (16) **1.30** Mad Men (16) **2.30** Penny Dreadful (18) **3.30** Breaking Bad (18) **4.30** The Americans (16) **5.30** Entourage (16)

BBC World News SKY 089

6.00 World News Today **6.30** World Business Report **6.45** Sport Today **7.00** World News Today **7.30** World Business Report **7.45** Sport Today **8.00** Business Edition with Tanya Beckett **8.30** HARDtalk **9.00** BBC World News America **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** BBC Impact **2.30** HARDtalk **3.00** Global with Matthew Amroliwala **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

6.00 The Red Stag Timber Hunters Club **6.30** Fishing, Match League. **7.00** AFL, Adelaide v Port Adelaide. **10.00** Netball, ANZ, round 10, Steel v Pulse. **11.30** Netball, ANZ, round 10, Mystics v Tactix. **Noon** Netball Zone **12.30** Netball, College, Upper North Island Playoff. **1.30** A-League, first and second elimination final. **2.30** A-League Highlights Show **3.00** The Football League Show **3.30** Super Rugby, Rebels v Chiefs. **4.00** Super Rugby, Hurricanes v Crusaders. **4.30** Super Rugby, Blues v Force. **5.00** Super Rugby, Highlanders v Sharks. **5.30** Rugby, Land Rover First XV, Rosmini v Massey. **7.00** Rugby Nation **8.00** A-League, first and second elimination final. **9.00** A-League Highlights Show **9.30** The Football League Show **10.00** Super Rugby, Rebels v Chiefs. **10.30** Super Rugby, Hurricanes v Crusaders. **11.00** Super Rugby, Blues v Force. **11.30** Super Rugby, Highlanders v Sharks. **12.00am** AFL Weekly Highlights **1.00** The Ultimate Fighter: Brazil **2.00** UFC Now **3.00** Fight Night on Sky **5.00** A-League Highlights Show **5.30** The Football League Show

Sky Sport 2 SKY 052

6.00 Badminton, NZ Open, finals. **10.30** British Superbike, round two. **11.30** Nascar Sprint Cup, Geico 500. **12.30** Nascar Xfinity, Winn Dixie 300. **1.30** Moto GP, Gran Premio bwin de Espana races. **2.00** Cricket, IPL, Kolkata v Hyderabad. **2.30** Cricket, IPL, Chennai v Bangalore. **3.00** Netball, ANZ, round 10, Mystics v Tactix. **3.30** Cycling, Tour De Romandie, highlights. **4.30** IAAF Relays, day one. **5.30** A-League Highlights Show **6.00** The Football League Show **6.30** AFL Weekly Highlights **7.30** Super League Fulltime **8.30** NRL 360 **9.30** Back Page **10.30** Inside Supercars **11.30** V8 Supercars, Perth Supersprint, races seven, eight, and nine. **1.00** British Superbike, round two. **2.00** The F1 Show **3.00** Inside Supercars **4.00** Nascar Sprint Cup, race 32, Geico 500. **5.00** Nascar Xfinity.

Sky Sport 3 SKY 053

6.00 A-League Highlights Show **6.30** The Football League Show **7.00** Cricket, IPL, Knight Riders v



BBC Knowledge: Trust Me I'm a Doctor, 8.30pm

Sunrisers Hyderabad. **10.30** Golf, WGC Match Play, semi-finals and final. **11.00** Cricket, IPL, Knight Riders v Sunrisers Hyderabad. **11.30** Cricket, IPL, Super Kings v Royal Challengers Bangalore. **Noon** Cycling, Tour De Romandie. **1.00** Rugby League, Anzac Test, Aust v NZ. **1.30** The After Match **2.00** Fishing and Adventure **2.30** The Red Stag Timber Hunters Club **3.00** Small Blacks TV **3.15** Random Rugby TV **3.30** Mutv **6.30** The Ultimate Fighter Brazil **7.30** UFC Now **8.30** Fight Night on Sky **10.30** Cricket, IPL, Chennai Super Kings v Royal Challengers Bangalore. **11.30** Sky Sport Select **12.00am** Rugby League, Anzac Test, Aust v NZ. **12.30** The After Match **1.00** Super League Fulltime **2.00** NRL 360 **3.00** Back Page **4.00** IAAF Relays, day one. **5.00** AFL Weekly Highlights

ESPN SKY 061

6.00 Outside the Lines **6.30** NFL Insiders **7.30** NFL Live **8.30** Highly Questionable **9.00** SportsCenter **11.00** Baseball Tonight **Noon** Baseball, MLB, **live**. **3.00** SportsCenter **4.00** Athletics, Ironman 70.3 Asia Pacific. **5.00** Tennis, ATP, First round. **7.00** Baseball, MLB. **9.00** ESPN Original Documentaries **10.00** ESPN FC **10.30** UEFA Champions League Weekly **11.00** Baseball, MLB. **1.00am** Mike and Mike **4.00** ESPN First Take

History SKY 073

6.30 A Great Welsh Adventure **7.30** Ancient Black Ops (M) **8.30** Great Crimes and Trials (PG) **9.30** Mysteries at the Museum (PG) **10.30** Ancient Discoveries (PG) **11.30** The Royal Safari (PG) **12.30** A Great Welsh Adventure **1.30** Doomsday: World War I (PG) **2.30** History's Raiders (PG) **3.30** Secret War (PG) **4.30** Great Crimes and Trials (PG) **5.30** Mysteries at the Museum (PG) **6.30** Ancient Discoveries (PG) **7.30** Tony Robinson's Tour of Duty (PG) **8.30** The Albert Goering File (PG) **9.30** Soviet Storm: WWII in the East (PG) **10.30** Tony Robinson's Tour of Duty (PG) **11.30** Heroes of World War II (PG) **12.00am** Weapons of World War II (PG) **12.30** Tony Robinson's Tour of Duty (PG) **1.30** Secrets of World War II (PG) **2.30** Secret War (PG) **3.30** The Ancient Life (PG) **4.30** The Albert Goering File (PG) **5.30** Soviet Storm: WWII in the East (PG)

BBC Knowledge SKY 074

6.00 The Royal Marines (M) **6.30** Embarrassing Bodies (M) **7.20** Who Do You Think You Are? (M) **8.20** Michael Palin's New Europe (PG) **9.15** Top Gear: Polar Special (PG) **10.10** Mud, Sweat & Gears (M) **11.00** The Royal Marines (M) **11.50** Top Gear (PG) **1.55** Junior Doctors **2.45** Paul Merton in Europe (M) **3.30** Who Do You Think You Are? **4.30** Dragons' Den (PG) **5.35** Top Gear (PG) **7.35** Embarrassing Bodies **8.30** Trust Me I'm a Doctor (PG) **9.30** Junior Doctors: Your Life in Their Hands (M) **10.30** Top Gear (PG) **11.30** Top Gear USA (M) **12.20am** Junior Doctors **1.10** Paul Merton in Europe (M) **1.55** Who Do You Think You Are? **2.55** Dragons' Den (PG) **4.00** Embarrassing Bodies **4.50** Trust Me I'm a Doctor (PG) **5.45** Junior Doctors: Your Life in Their Hands (M)

RADIO

RNZ National FREEVIEW 50 SKY 421

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Manu Korihi News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: Touchstones, by James McNeish, read by Ian Johnstone (5 of 8, RNZ) (ninetonoon@radionz.co.nz)

Noon Middy Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora

(RNZ) (thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Including: 7.30 The Sampler (RNZ); 8.13 Windows on the World (nights@radionz.co.nz)

9.06 The Tuesday Feature: The War That Changed the World Tanzania: The struggle over present-day Tanzania (BBC)

(nights@radionz.co.nz)

10.00 News and Late Edition

11.06 Global Village (6 of 13, KMUW)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Insight (RNZ); 1.15 Primary People (RNZ); 2.05 The Forum (BBC); 3.05 The Captive Wife, by Fiona Kidman (8 of 15, RNZ); 3.30 Diversions (RNZ); 5.10 Witness (BBC); 5.45 The Day in Parliament (RNZ)

Details available at www.radionz.co.nz

Parliament: www.radionz.co.nz/parliament

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Ross Harris (b1945) **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Bach, Graun, Beethoven and Handel; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat Music news and current affairs with Eva Radich (RNZ)

3.00 Classic Afternoons with David Morris

Including: CD Masters; 4.00 Made in New Zealand

7.00 New Horizons William Dart hosts a programme of rock, pop, country or folk music focusing on new releases and placing these in the context of an artist's career to date (F, RNZ)

8.00 Music Alive Aroha String Quartet,

Andrew Joyce (cello) - Haydn: String Quartet in B flat Op 76/4, Sunrise; Tornyai: Streichquintett; Schubert: String Quintet in C D956 (RNZ)

9.35 Musical Poetry Granados arr Breiner: Valses poéticas, Norbert Kraft (gtr), Polish National Radio Symphony Orchestra/Peter Breiner; Henselt: Poème d'amour Op 3, Piers Lane (pno)

10.00 Day's End Music to wind down to**12.00am Music Through the Night**

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30 Leighton Smith** **Noon Danny Watson** **4.00 Larry Williams** **7.00 Mark Watson** **Sportstalk** **8.00 Kerre McIvor** **Talkback** **12.00am Bruce Russell** **Talkback** **5.00 - 6.00 Rachel Smalley**

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** Deadliest Catch (PG) **7.30** Railroad Alaska (PG) **8.30** MythBusters (PG) **10.30** You Have Been Warned (M) **11.30** Blood Relatives (M) **12.30** Stalked: Someone's Watching (M) **1.30** Momsters: When Moms Go Bad (M) **2.30** How It's Made (PG) **3.30** Auction Hunters (PG) **4.30** Deadliest Catch (PG) **5.30** MythBusters (PG) **6.30** Alaska: The Last Frontier (M) **7.30** Tutankhamun: The Truth Uncovered (PG) **8.30** Dual Survival (M) **9.30** Man v Expert (PG) **10.30** How It's Made (PG) **11.30** A Crime to Remember (M) **12.30am** Secret Lives of Stepford Wives (M) **1.30** Beauty Queen Murders (M) **2.30** Auction Kings (PG) **3.00** Deadliest Catch (PG) **4.00** Bering Sea Gold (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 Brain Games (PG) **6.30** Air Crash Investigations (PG) **7.30** Alaska Wing Men (M) **8.30** Yukon Gold (M) **9.30** Beyond Magic with DMC (PG) **10.30** StarTalk (M) **11.30** Crowd Control (PG) **Noon** Hacking the System (PG) **12.30** Air Crash Investigations (PG) **1.30** The Truth Behind (PG) **2.30** Ancient Megastructures **3.30** Hacking the System (PG) **4.00** Science of Stupid (M) **4.30** Filthy Riches (M) **5.30** Megastructures **6.30** Wild Survivor Australia (PG) **7.30** Wicked Tuna (M) **8.30** Drain the Bermuda Triangle (PG) **9.30** Drain the Titanic (PG) **10.30** Car SOS (PG) **11.30** Air Crash Investigations (PG) **12.30am** Hitler the Junkie (M) **1.30** Wicked Tuna (M) **2.30** The Truth Behind (PG) **3.30** Ancient Megastructures **4.30** Car SOS (PG) **5.30** The Link (PG)

TV1

FREEVIEW 1 SKY 001

- 6.00 Breakfast** With Rawdon Christie and Ali Pugh.
- 9.00 Good Morning** With Jeanette Thomas, Astar and Matai Smith.
- 10.00 The Ellen DeGeneres Show** (R, C)
- 11.00 Brendan's Magical Mystery Tour** (G, R, C) UK reality series in which eight strangers visit different countries around the world and must compete in daily challenges.
- 11.30 Come Dine with Me UK** (G)
- Noon ONE News** (C)
- 12.30 Emmerdale** (PGR, C) Today: Belle is dangerously close to the edge; Victoria snaps at Aaron; and Sam is stuck in the middle.
- 1.30 Coronation Street** (PGR, R, C, AD) Today: Gary struggles with his conscience; Anna reaches the end of the tether; Roy receives tragic news about St John.
- 2.00 Four Weddings USA** (G, R) US reality show in which four brides compete for a dream honeymoon.
- 3.00 Dickinson's Real Deal** (G) David Dickinson hosts an antiques appraisal show.
- 3.55 Te Karere** (C)
- 4.25 The Chase** (G, C)
- 5.25 Millionaire Hot Seat** (C) Eddie McGuire hosts a gameshow.
- 6.00 ONE News** (C)
- 7.00 Seven Sharp** (C)
- 7.30 Fair Go** (C) Gordon Harcourt and Pippa Wetzell present consumer affairs.
- 8.00 Women in Blue** (PGR, R, HD, C) Local series that follows seven New Zealand police officers as they face many different circumstances on the streets.
- 8.30 Descent from Disaster** (HD, C, AD) Tonight: Meteorologist Karen Olsen revisits one of New Zealand's worst storms, Cyclone Giselle, which hit New Zealand with a force so ferocious it sank the Wahine inter-island ferry on April 9 1968.
- 9.30 Naked Village** (AO, C) UK documentary about a small community of naturists who live in Spielplatz in the village of Brickett Wood, Hertfordshire.
- 10.30 ONE News Tonight** (C)
- 11.00 Betrayal** (AO, R, C) If You Want the Fruit: Hot, heart-racing fantasies throw Sara off balance as she attempts to resist the powerful pull of her affair with Jack.
- 12.00am Soccer** English Premier League, highlights.
- 1.10 Te Karere** (R, C)
- 1.35 Infomercials**
- 5.35 - 6.00 Te Karere** (R, C)

TV2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar**
- 6.30 Tiki Tour** (G, R, HD, C)
- 6.52 Piggy Tales** (G, C)
- 6.55 Pokemon: Black and White** (G, R, C)
- 7.20 Back at the Barnyard** (G, R, C)
- 7.45 SpongeBob SquarePants** (G, R, C)
- 8.15 Henry Hugglemonster** (G, R, C)
- 8.35 Jane and the Dragon** (G, R, C)
- 9.00 Infomercials**
- 10.30 Neighbours** (G, R, C)
- 11.00 Home and Away** (R, C)
- 11.30 Shortland Street** (PGR, R, HD, C, AD)
- Noon Two and a Half Men** (PGR, R, C)
- 12.30 Jeremy Kyle** (PGR)
- 1.30 Judge Rinder**
- 2.35 The Ellen DeGeneres Show** (C)
- 3.30 Kung Fu Panda** (G, R, C)
- 4.00 Dog with a Blog** (G, C)
- 4.30 The 4.30 Show** (G) Today: Polyfest; Pitch Perfect 2; and Southern Steel stars Sophia Fenwick and Jane Watson.
- 5.00 America's Funniest Home Videos** (G, R, C)
- 5.30 Home and Away** (C)
- 6.00 The New Adventures of Old Christine** (G, R, C)
- 6.30 Neighbours** (G, C) Tonight: Georgia is stuck in limbo.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: Kane's enemy draws closer, and Nicole is caught in a web of lies. Writer Paul Hagan, directors Ian Hughes and Richard Barr.
- 7.30 My Kitchen Rules** (G, C) Tonight: NSW's newlyweds Carol and Adam can look after seven kids, but can they handle the MKR instant restaurant round?
- 8.45 The Big Bang Theory** (PGR, C) The Space Probe Disintegration: The guys agree to do something the girls like.
- 9.15 2 Broke Girls** (PGR, C) And the Knock-off Knockout: Max and Caroline get into a legal battle with two teens who knocked off their cupcake T-shirts.
- 9.45 Once Upon a Time** (PGR, C, AD) The Snow Queen: Emma captures the snow queen.
- 10.45 Resurrection** (AO, C) Will: A mysterious virus sweeps through town.
- 11.45 Anger Management** (PGR)
- 12.15am Distraction** (AO, R, C)
- 12.45 Sullivan & Son** (AO, R, C)
- 1.15 Moon TV USA** (AO, R)
- 1.45 Infomercials**
- 2.45 Scandal** (AO, R, C)
- 3.30 The Protector** (AO, R)
- 4.15 Kickin' It** (G, R, C)
- 4.40 The 4.30 Show** (R)
- 5.05 Neighbours** (G, R, C)
- 5.30 - 6.00 Infomercials**

TV3

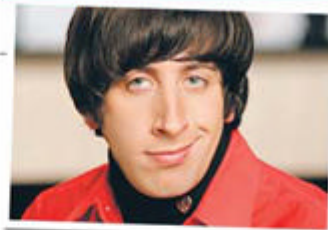
FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
- 9.00 Infomercials**
- 10.30 The Bold and the Beautiful** (PGR)
- 11.00 Rachael Ray** (G)
- Noon 3 News**
- 12.30 Baggage** (AO)
- 1.00 Dr Phil** (AO, part 1 of 2) Today: A Woman's Granddaughters Claim They Were Assaulted by Her Husband.
- 2.00 The Ricki Lake Show** (AO)
- 3.00 The Real Housewives of New Jersey**
- 4.00 Entertainment Tonight** (G)
- 4.30 Million Dollar Minute** (G, R)
- 5.00 Survivor: Worlds Apart** (G)
- 6.00 3 News**
- 7.00 Campbell Live** John Campbell presents current affairs and interviews.
- 7.30 The Bachelor NZ** (C) Tonight: Before making his final decision, Arthur introduces the final two women to his family.
- 8.45 Into the Blue** (2005, AO, C) A group of divers find themselves in trouble after they find a crashed plane with a cargo of cocaine. Paul Walker, Jessica Alba, Scott Caan.
- 11.00 3 News**
- 11.30 NCIS: Los Angeles** (AO, R, C) Parley: Deeks goes undercover to obtain information on a former arms dealer who is seeking to get back in business.
- 12.30am - 6.00 Infomercials**

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
- 6.50 Infomercials**
- 2.00 Sesame Street** (G, R)
- 2.55 Pingu** (G, R)
- 3.00 Sticky TV** (G)
- 3.05 Chuggington** Badge Quest (G, R)
- 3.10 Strawberry Shortcake** Berry Adventures (G, R)
- 3.35 George of the Jungle** (G)
- 4.05 Sticky TV** (G)
- 4.35 Punk'd** (G, R)
- 5.00 Life's Funniest Moments** (G)
- 5.30 It Only Hurts When I Laugh** (G, R)
- 6.00 Malcolm in the Middle** (G, R, C)
- 6.30 How I Met Your Mother** (G, R)
- 7.00 The Simpsons** (G, R, C) King-Size Homer: Homer purposely gains weight to qualify for disability.
- 7.30 The Simpsons** (PGR) The Princess Guide: Homer must keep Princess Kemi out of trouble while her father works out a deal with Mr Burns.
- 8.00 Family Guy** (AO) Fighting Irish: Peter boasts that he could beat Liam Neeson in a fight, and then gets the chance to prove it.
- 8.30 Hot Shots!** (1991, AO, R, C) A disenchanted pilot joins an group to take part in a raid on a nuclear plant. Charlie Sheen, Cary Elwes, Valeria Golino.
- 10.15 Ringer** (PGR, R) PS You're an Idiot: Bridget realises she is in over her head when Andrew proposes.
- 11.10 Entertainment Tonight** (G)
- 11.35 - 6.00am Infomercials**



TV2: The Big Bang Theory, 8.45pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
- 6.30 The Crowd Goes Wild** (G, R)
- 7.00 Deal or No Deal** (G, R)
- 7.30 Home Shopping**
- Noon The Doctors** (G)
- 1.00 The Tonight Show Starring Jimmy Fallon** (PGR, R)
- 2.00 The Jeff Probst Show** (G)
- 3.00 Storage Wars** (PGR, R)
- 3.30 The Late Show with David Letterman** (G)
- 4.30 Hot Bench** (G)
- 5.00 Deal or No Deal** (G)
- 5.30 Prime News**
- 6.00 Escape to the Country** (G, R)
- 7.00 The Crowd Goes Wild** (G)
- 7.30 Coast Australia** (G)
- 8.30 Poldark** (PGR) Tonight: Wheal Leisure opens as rumours spread of Poldark's scandalous relationship with Demelza.
- 9.45 Frisky Business** (AO)
- 10.50 The Tonight Show Starring Jimmy Fallon** (PGR)
- 11.45 The Crowd Goes Wild** (G, R)
- 12.15am Home Shopping**
- 1.45 The Crowd Goes Wild** (G, R)
- 2.15 - 6.00 Home Shopping**

MAORI

FREEVIEW 5 SKY 019

- 6.30 Pokoro** (G, R)
- 7.00 Dora Matatoa** (G, R)
- 7.30 SpongeBob Tarau Porowha** (G, R)
- 8.00 Pukana** (G, R)
- 8.30 Te Kaea** (R)
- 9.00 Te Iti Kahurangi: The Journey to Success** (G, R)
- 9.30 Kai Time on the Road** (G, R)
- 10.00 Korero Mai** (G, R)
- 11.00 Toki Reo** (G, R)
- Noon Korero Mai** (G, R)
- 1.00 Toki Reo** (G, R)
- 2.00 Korero Mai** (G, R)
- 3.00 Kai Time on the Road** (G, R)
- 3.30 Pokoro** (G, R)
- 4.00 Dora Matatoa** (G, R)
- 4.30 SpongeBob Tarau Porowha** (G, R)
- 5.00 Pukana** (G)
- 5.30 Te Kaea**
- 6.00 Nga Pari Karangaranga** (G, R)
- 6.30 Ako** (G, R)
- 7.00 Te Kaea** (R)
- 7.30 Toi Whakaari** (G, R)
- 8.00 Koroua** (G)
- 8.30 Kowhao Rau** (G, R)
- 9.30 Whaikorero** (G, R)
- 10.00 Te Kauta** (PGR)
- 10.30 Native Affairs** (R)
- 11.30 - 12.00am Te Kaea** (R)

SKY PREMIERE SKY 030	MOVIES GREATS SKY 032	MOVIES CLASSICS SKY 033	RIALTO SKY 039
7.15 Paranormal Movie (2013) Kevin Farley. 8.45 Edge of Tomorrow (2014, M) Tom Cruise. 10.40 Goats (2012, 16) David Duchovny. 12.15 Out of the Furnace (2013, 16) Christian Bale. 2.10 Paranormal Movie (2013) Kevin Farley. 3.40 Edge of Tomorrow (2014, M) Tom Cruise. 5.35 Over/Under (2013, M) Steven Pasquale. 7.05 The Reckoning (2014, M) After his partner is murdered, a cop tracks down two teenage runaways with evidence of the killer's identity. Jonathan LaPaglia. 8.30 The Heat (2013, M) An uptight FBI Special Agent and a foul-mouthed cop join forces to bring down a ruthless drug lord. Sandra Bullock, Melissa McCarthy. 10.30 Jamesy Boy (2014, 18) Spencer Lofranco. 12.20am A Resurrection (2013, 16) 1.50 Over/Under (2013, M) 3.20 Jamesy Boy (2014, 18) 5.10 The Reckoning (2014, M)	7.25 500 Days of Summer (2009, M) Zooey Deschanel. 9.00 Traffic (2000, M) Benicio Del Toro. 11.25 Bounce (2000, M) Ben Affleck. 1.10 Spartan (2004, M) Val Kilmer. 2.55 The Twilight Saga: Breaking Dawn Part 2 (2012, M) Robert Pattinson. 4.50 Nights in Rodanthe (2008, PG) Diane Lane. 6.25 Jurassic Park (1993, PG) Dinosaurs run amok in an isolated theme park after a security breakdown. Sam Neill. 8.30 The Dark Knight (2008, M) Batman teams up with Gotham City's new District Attorney to stop the Joker. Christian Bale, Heath Ledger, Maggie Gyllenhaal. 11.05 After the Sunset (2004, M) Two retired thieves conduct one last heist. Pierce Brosnan. 12.45am The Boy in the Striped Pajamas (2008, M) 2.20 Nights in Rodanthe (2008, PG) 3.55 The Dark Knight (2008, M)	6.00 Born on the Fourth of July (1989, M) Tom Cruise. 8.10 Kansas City Bomber (1972, M) Raquel Welch. 9.50 The Warriors (1979, 16) Michael Beck. 11.45 Superman IV: The Quest for Peace (1987, PG) Christopher Reeve. 1.15 Falling Down (1993, M) Michael Douglas. 3.05 Trial and Error (1997, PG) Jeff Daniels. 4.40 Escape to Victory (1981, PG) Sylvester Stallone. 6.40 Get Carter (1971, M) Michael Caine. 8.30 The Hired Hand (1971, M) A man returns to his wife and child after seven years and must choose between staying or rescuing his friend. Peter Fonda, Warren Oates. 10.00 Salvador (1986, M) Based on the experiences of journalist Richard Boyle in strife-ridden El Salvador in 1980. James Woods. 12.00am Arthur (1981, PG) 1.35 Wolfen (1981, M) 3.30 Cruising (1980, 18) 5.10 Hollywood Singing & Dancing (PG)	6.00 Night Train to Lisbon (2013, M) Jeremy Irons. 7.20 Nine of Hearts (2011, M) Natalya Maynard. 7.40 Only Lovers Left Alive (2013, M) Tilda Swinton. 9.40 Elena (2011, M) Nadezhda Markina. 11.30 Dancing on the Edge (2013, 16, episodes 1-3) 6.55 The Double (2013, M) A man's new co-worker is physically identical to him. Jesse Eisenberg. 8.30 Homeland (2013, M) A French-born Algerian student reluctantly travels to Algeria to save his father's house from being demolished. Tewfik Jallab, Fatsah Bouyahmed. 10.00 As I Lay Dying (2013, M) A dead woman's family embark on a quest to honour her wish to be buried in a nearby town. James Franco, Tim Blake Nelson. 11.55 Rectify (2014, 16, season 2, episodes 5-6) 1.25am Dancing on the Edge (2013, 16) 3.00 Dancing on the Edge (2013, 16, episodes 2-3)

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30** My Dream Home **7.30** Beat My Build **8.30** The Pioneer Woman **9.00** Trish's Paris Kitchen **9.30** Better Homes and Gardens **11.00** Buying the Bayou **11.30** Auction Hunters (PG) **Noon** Full Frontage **12.30** A Place in the Sun **1.00** How Did You Do That? Office Reno **1.30** Sarah Beeny: How to Sell Your Home **2.00** My Dream Home **3.00** Beat My Build **4.00** Sophie Grigson in the Orient **4.30** The Cook and the Chef **5.00** Candice Tells All **5.30** Carter Can **6.00** Baggage Battles **6.30** Buying Alaska **7.00** Toy Hunter **7.30** Alexander's Lost World **8.30** Wild Catch **9.30** NZ Hunter Adventures (PGR) **10.00** Mark Berg's Fishing Addiction **11.00** Toy Hunter **11.30** Carter Can **12.00am** Lonely Planet: Best in Asia **12.30** Benny Hinn **1.00** Beat My Build **2.00** NZ Hunter Adventures (PGR) **2.30** The Cook and the Chef **3.00** Buying Alaska **3.30** Baggage Battles **4.00** Wild Catch **5.00** Alexander's Lost World

UKTV SKY 007

6.00 EastEnders (PG) **6.30** The Vicar of Dibley (PG) **7.00** The Bill (16) **7.50** Eggheads (PG) **8.20** The Graham Norton Show (16) **9.10** Pointless (PG) **10.00** New Tricks (16) **10.55** The Bill (16) **11.45** EastEnders (PG) **12.15** The Vicar of Dibley (PG) **12.45** Would I Lie to You? (PG) **1.15** The Graham Norton Show (16) **2.05** A Touch of Frost (16) **4.05** The Bill (16) **5.00** New Tricks (16) **6.00** Pointless (PG) **6.55** EastEnders (PG) **7.25** QI (16) **8.00** Would I Lie to You? (PG) **8.30** Holby City (16) Awarded: Oliver diagnoses a rare condition, and Chantelle's misinterprets Lleucu's good intentions. **9.35** Midsomer Murders (16) Echoes of the Dead: A young woman dressed like a bride and drowned in a bath triggers a spate of wedding-themed murders. **11.15** The Graham Norton Show (16) **12.05am** The Bill (16) **12.55** Pointless (PG) **1.45** The Vicar of Dibley (PG) **2.15** A Touch of Frost (16) **4.00** Would I Lie to You? (PG) **4.30** The Adventures of Merlin **5.20** The Graham Norton Show (16)

Living SKY 008

6.00 Flog It! **6.30** To Build or Not to Build **7.30** Phil Spencer: Secret Agent **8.30** Antiques Roadtrip **9.30**



Movies Greats: Nights in Rodanthe, 4.50pm

The Nate Berkus Show **10.30** Homes Under the Hammer **11.30** Antiques Roadshow **12.30** Location Location **1.30** My Flatpack Home **2.00** To Build or Not to Build **3.00** Antiques Roadtrip **4.00** Zoo Days **4.30** Flog It! **5.30** Phil Spencer: Secret Agent **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Charlie Luxton's Homes By the Sea **9.30** Holmes Makes it Right **10.30** Location Location **11.30** Antiques Roadtrip **12.30am** Flog It! **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Location Location **4.30** A Place in the Sun **5.30** Flog It!

Sky Arts SKY 027

6.00 The Book Show **6.45** Other Voices **7.40** Camera Music **8.00** Angels in New York **8.35** NASA: The Spirit of Apollo **9.35** Magic Camp (2012, G) **11.00** Ugly Beauty **Noon** Put Some Colour in Your Life **12.30** Libeskind **2.00** The Book Show **2.45** Other Voices **3.40** Camera Music **4.00** Pussy Versus Putin **5.00** Riccardo Chailly and Nicolaj Znaider **7.00** Brahms Piano Concerto No 2 **8.00** Menahem Pressler and Friends **9.50** Daniel Hope Performs Vivaldi's Four Seasons **10.40** Verbier 2012: David Kadouch Piano Recital **12.00am** Pussy Versus Putin **1.00** Riccardo Chailly and Nicolaj Znaider **3.00** Brahms Piano Concerto No 2 **4.00** Menahem Pressler and Friends **5.50** Daniel Hope Performs Vivaldi's Four Seasons

SoHo SKY 010

6.00 Entourage (16) **6.30** Game of Thrones (18) **7.30** Penny Dreadful (18) **8.30** The Americans (16) **9.30** Mad Men (16) **10.30** Breaking Bad (18) **11.30** Game of Thrones (18) **12.30** Entourage (16) **1.30** The Americans (16) **2.30** Penny Dreadful (18) **3.30** Breaking Bad (18) **4.30** Game of Thrones (18) **5.30** Mad Men (16) **6.30** Entourage (16) **7.30** Silicon Valley (16) **Bad Money: While considering Gavin's proposal, Richard is approached by a billionaire. 8.00** Veep (16) **Data: The team search for a scapegoat, and Catherine wants to support an anti-bullying campaign. 8.30** The Americans (16) **March 8, 1983: After an emotionally charged mission, Philip turns to an unlikely source for solace. 9.30** Bates Motel (16) **Crazy: Norman spends time with a visitor. 10.30** Entourage (16) **11.00** Entourage (16) **11.30** Catastrophe (16) **12.00am** Episodes (16) **12.30** Sometimes in April (2005, 16) **2.50** Silicon Valley (16) **3.20** Veep (16) **3.50** The Americans (16) **4.40** Bates Motel (16) **5.30** Catastrophe (16)

BBC World News SKY 089

6.00 World News Today **6.30** World Business Report **6.45** Sport Today **7.00** World News Today **7.30** World Business Report **7.45** Sport Today **8.00** Business Edition with Tanya Beckett **8.30** HARDtalk **9.00** BBC World News America **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** BBC Impact **2.30** HARDtalk **3.00** Global with Matthew Amroliwala **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

6.00 AFL weekly highlights, round five. **7.00** British Superbike, round two. **8.00** The F1 Show
9.00 Golf, World C'ships, Cadillac Match Play, semi-finals and final. **9.30** Fishing and Adventure
10.00 IAAF Relays, day one. **11.00** The Red Stag Timber Hunters Club **11.30** Fishing, Mitre 10 Trade Match Fishing League. **Noon** The Ultimate Fighter: Brazil **1.00** UFC Now **2.00** Fight Night on Sky **4.00** Cricket, IPL, Mumbai Indians v Delhi Daredevils.
4.30 Rugby League, Anzac Test, Aust v NZ. **5.00** The After Match **5.30** Rugby, Land Rover First XV, MAGS v Sacred Heart. **7.00** Fishing, Mitre 10 Trade match Fishing League. **7.30** Rugby Nation **8.30** The Breakdown **9.30** Golf World **10.00** The Crowd Goes Wild **10.30** Fight Night on Sky **12.30am** Golf, 2014 PGA Europro Tour. **2.30** Golf, 2014 PGA Europro Tour. **4.30** Netball, ANZ, round 10, Steel v Pulse.

Sky Sport 2 SKY 052

6.00 Super League Fulltime **7.00** NRL 360 **8.00** Back Page **9.00** Chelsea TV: Chelsea v Crystal Palace **Noon** Golf, World C'ships, Cadillac Match Play, semi-finals and final. **12.30** Cricket, IPL, Mumbai Indians v Delhi Daredevils. **1.00** V8 Supercars, Perth Supersprint, race seven, eight, and nine.
2.30 Inside Supercars **3.30** Back Page **4.30** Super League Fulltime **5.30** NRL 360 **6.30** Warriors 20 Year Celebration **8.30** NRL 360 **9.30** Stereo: On the Couch **10.30** Warriors 20 Year Celebration **12.30am** Sky Sport Select **1.00** #Skyspeed **1.30** Fox Sports News **2.00** NRL 360 **3.00** Stereo: On the Couch **4.00** The Breakdown **5.00** Rugby Nation

Sky Sport 3 SKY 053

6.00 IAAF Relays, day one. **7.00** Cricket, IPL, Mumbai Indians v Delhi Daredevils. **10.30** Sky Sport Select **11.00** Rugby League, International, PNG v Fiji. **1.00** Rugby League, International, Samoa v Tonga. **3.00** Rugby League, Anzac Test, Aust v NZ. **3.30** IAAF Relays, day one. **4.30** IAAF Relays, day two. **5.30** Super Rugby, Hurricanes v Crusaders.

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** Deadliest Catch (PG) **7.30** Railroad Alaska (PG) **8.30** MythBusters (PG) **9.30** Dual Survival (M) **10.30** Man v Expert (PG) **11.30** Beauty Queen Murders (M) **12.30** Secret Lives of Stepford Wives (M) **1.30** A Crime to Remember (M) **2.30** How It's Made (PG) **3.30** Tutankhamun: The Truth Uncovered (PG) **4.30** Deadliest Catch (PG) **5.30** MythBusters (PG) **6.30** Dual Survival (M) **7.30** Big Giant Swords (PG) **8.30** Alaska: The Last Frontier (M) Snowy Roundup: At the head of the bay, Atz Sr has wild game in his sights. **9.30** Moonshiners (M) **10.30** How It's Made (PG) **11.30** Swamp Murders (M) **12.30am** I (Almost) Got Away with It (M) **1.30** Southern Fried Homicide (M) **2.30** Auction Kings (PG) **3.00** Deadliest Catch (PG) **4.00** Man Vs Wild (PG) **5.00** Dirty Jobs (PG)

National Geographic SKY 072

6.00 The Link (PG) **6.30** Air Crash Investigations (PG) **7.30** Alaska Wing Men (M) **8.30** Yukon Gold (M) **9.30** Is it Real? (PG) **10.30** Area 51: The CIA's Secret Files (M) **11.30** Crowd Control (PG) **Noon** Going Deep with David Rees (PG) **12.30** Air Crash Investigations (PG) **1.30** Drain the Bermuda Triangle (PG) **2.30** Drain the Titanic (PG) **3.30** Wicked Tuna (M) **4.30** Filthy Riches (M) **5.30** Megastructures **6.30** Street Genius (PG) **7.00** Science of Stupid (M) **7.30** Car SOS (PG) **8.30** Strippers: Cars for Cash (PG) **9.30** WWII's Greatest Raids (M) **10.30** Brain Games (PG) **11.00** Hacking the System (PG) **11.30** Air Crash Investigations (PG) **12.30am** Terror in the Skies (PG) **1.30** Car SOS (PG) **2.30** Strippers: Cars for Cash (PG) **3.30** World's Toughest Fixes (PG) **4.30** Megabreakdown (PG) **5.30** Building Wild (PG)



BBC Knowledge: The Truth About the Mind, 8.30pm

6.00 Sky Sport Select **6.30** Soccer, A-League, first elimination final. **7.00** Soccer, A-League, second elimination final. **7.30** A-League Highlights Show **8.00** The Football League Show **8.30** Road Racing, Scarborough Spring Cup Part 1. **9.30** Alvarez Kirkland 24/7 **10.00** Ultimate Insider **10.30** Cricket, IPL, Mumbai Indians v Delhi Daredevils. **11.00** Crash **11.30** Golf World **12.00am** Cycling, Four Days of Dunkirk, day one **live**. **2.15** Random Rugby TV **2.30** Cycling, Tour of Turkey, stage eight. **3.00** Cycling, Tour De Romandie, Event highlights. **4.00** Road Racing, Scarborough Spring Cup Part 1. **5.00** IAAF Relays, day two.

ESPN SKY 061

6.00 SportsCenter **6.30** Soccer, UEFA Champs, matchday nine. **9.00** Soccer, UEFA Champs, semi-finals. **11.00** 2015 Draft Academy **Noon** Basketball, NBA, semi-finals. **2.30** SportsCenter **3.00** Soccer, UEFA Champs, semi-finals. **5.00** Tennis, ATP, Miami Open, first semi-final. **7.00** Around the Horn **7.30** Pardon the Interruption **8.00** Soccer, UEFA Champs, semi-finals. **10.00** ESPN FC **10.30** Search4Hurt **11.00** Basketball, NBA Conference semi-finals. **1.00am** Soccer, UEFA Champs, semi-finals. **3.00** Mike and Mike **5.00** ESPN First Take

History SKY 073

6.30 Walking Through History (PG) **7.30** Heroes of World War II (PG) **8.00** Weapons of World War II (PG) **8.30** Great Crimes and Trials (PG) **9.30** Mysteries at the Museum (PG) **10.30** Ancient Discoveries (PG) **11.30** The Albert Goering File (PG) **12.30** Soviet Storm: WWII in the East (PG) **1.30** Tony Robinson's Tour of Duty (PG) **2.30** History's Raiders (PG) **3.30** Secret War (PG) **4.30** Great Crimes and Trials (PG) **5.30** Mysteries at the Museum (PG) **6.30** Ancient Discoveries (PG) **7.30** The Spirit of 45 (2013, PG) UK documentary which celebrates a pivotal year in British history. **9.30** The War of the Worlds (PG) A radio broadcast announces Martian explosions. **10.30** Guns of the Famous (PG) **11.30** Inside the Vietnam War (M) **12.30am** Gladiators of WWII **1.30** History of Warfare **2.30** Secret War (M) **3.30** The Spirit of 45 (2013, PG) **5.30** The War of the Worlds (PG)

BBC Knowledge SKY 074

6.00 Junior Doctors: Your Life in Their Hands (M) **6.35** Top Gear: Polar Special (PG) **7.30** Mud, Sweat & Gears (M) **8.20** The Royal Marines (M) **9.10** Embarrassing Bodies **10.00** Trust Me I'm a Doctor (PG) **10.55** Junior Doctors: Your Life in Their Hands (M) **11.45** Top Gear (PG) **1.40** Keeping Britain Safe 24/7 (PG) **2.35** Paul Merton's Adventures **3.20** So You Think You Can Dance Australia (PG) **4.15** Dragons' Den **5.20** Top Gear (PG) **7.30** Pain, Pus and Poison **8.30** The Truth About the Mind (PGR) **9.30** Genius of Invention **10.30** Top Gear (PG) **11.30** Top Gear USA (M) **12.20am** Keeping Britain Safe 24/7 (PG) **1.15** Paul Merton's Adventures **2.00** So You Think You Can Dance Australia (PG) **2.55** Dragons' Den **4.00** Pain, Pus and Poison **4.55** The Truth About the Mind (PGR) **5.50** Genius of Invention

RADIO

RNZ National FREEVIEW 50 SKY 421

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Manu Korihi News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: Touchstones, by James McNeish (6 of 8, RNZ) (ninetonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora Discussion with a range of panellists from along the opinion spectrum (RNZ) (thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Including: 7.30 Spectrum (RNZ); 8.13 Windows on the World; 9.06 The Wednesday Drama: The Cactus Flowers, by Virginia Jekanyika (BBC) (nights@radionz.co.nz)

10.00 News and Late Edition

11.06 Night Lights Classic Jazz Tonight: Come on Down to Central Avenue (WFIU, 11 of 12)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 One in Five (RNZ); 1.05 Discovery (BBC); 2.05 The Thursday Feature (RNZ); 3.05 The Captive Wife, by Fiona Kidman (9 of 15, RNZ); 3.30 NZ Books (RNZ); 5.10 Witness (BBC); 5.45 The Day in Parliament (RNZ)

Details available at www.radionz.co.nz

Parliament: www.radionz.co.nz/parliament

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Ross Harris (b1945) **See page 72**

10.00 Weekday Classics with Clarissa Dunn

Including: Works by Schubert, Stravinsky, Jacob, Finzi and Respighi; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat Music news and current affairs with Eva Radich (RNZ)

3.00 Classic Afternoons with David Morriss

Including: CD Masters; 4.00 Made in New Zealand

7.00 Appointment NZ Landscapes – Holmes: Landscapes for Orchestra, NZSO/Marc Taddei;

Whitehead: Arapatiki; S Holloway: Terrain

Vague; Farr: A Horizon from Owhiro Bay,

Henry Wong Doe (pno) (RNZ)

7.40 Curtain Raiser Beethoven's 7th

Symphony is introduced by Indra Hughes (RNZ)

8.00 Music Alive Direct from Auckland's Town Hall. Giuliano Sommerhalder (tpt), Auckland

Philharmonia/Eivind Gullberg Jensen – Haydn: Symphony No 34 in D minor; Trumpet

Concerto in E flat HobVllE/1; Beethoven: Symphony No 7 in A Op 92 (RNZ)

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Danny Watson **4.00** Larry Williams **7.00** Tony Veitch **Sportstalk** **8.00** Kerre McIvor Talkback **12.00am** Bruce Russell Talkback **5.00 – 6.00** Rachel Smalley

TV1

FREEVIEW 1 SKY 001

- 6.00 Breakfast** With Rawdon Christie and Ali Pugh.
- 9.00 Good Morning** With Jeanette Thomas, Astar and Matal Smith.
- 10.00 The Ellen DeGeneres Show** (R, C)
- 11.00 Brendan's Magical Mystery Tour** (G, R, C) UK reality series in which eight strangers visit different countries around the world and must compete in daily challenges.
- 11.30 Come Dine with Me UK** (G)
- Noon ONE News** (C)
- 12.30 Emmerdale** (PGR, C) Today: Robert's guilt increases; Moira's suspicions about Emma are confirmed; and Lisa is upset after visiting Belle.
- 1.30 Coronation Street** (PGR, R, C, AD) Today: Tina and Gary fail to keep their secret intact; Tracy and Rob have had enough of Peter and Carla; and Roy retreats into his shell.
- 2.00 Four Weddings USA** (G, R) US reality show in which four brides compete for a dream honeymoon.
- 3.00 Dickinson's Real Deal** (G) David Dickinson hosts an antiques appraisal show.
- 3.55 Te Karere** (C)
- 4.25 The Chase** (G, C) UK gameshow.
- 5.25 Millionaire Hot Seat** (C) Eddie McGuire hosts a gameshow.
- 6.00 ONE News** (C)
- 7.00 Seven Sharp** (C) Mike Hosking and Pippa Wetzell present current affairs.
- 7.30 Britain's Got Talent** (C) Tonight: The judges continue to search across Britain for the best undiscovered talent.
- 8.45 Our Zoo** (PGR, C) UK drama series. Tonight: George attempts to rescue two Himalayan black bears from a cave in Matlock, and Reverend Webb is intent on uncovering what the Mottersheads are up to.
- 9.55 Best Bits** (C) Jesse Mulligan presents a panel show that takes a lighthearted look at the week's television.
- 10.25 Mrs Brown's Boys** (AO, R, C, AD) Mammy's Inflation: Agnes is disappointed with Cathy when she decides to get a boob job in order to impress her boyfriend.
- 11.00 ONE News Tonight** (C)
- 11.30 One Born: Twins and Triplets** (AO) A special about One Born Every Minute couples and their multiple pregnancies and births.
- 12.35am 24 Hours in A&E** (AO, R)
- 1.40 Te Karere** (R, C)
- 2.05 Infomercials**
- 5.35 - 6.00 Te Karere** (R, C)

TV2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar**
- 6.30 Tiki Tour** (G, R, HD, C)
- 6.52 Piggy Tales** (G, C)
- 6.55 Pokemon: Black and White** (G, R, C)
- 7.20 Back at the Barnyard** (G, R, C)
- 7.45 SpongeBob SquarePants** (G, R, C)
- 8.15 Henry Hugglemonster** (G, R, C)
- 8.35 Jane and the Dragon** (G, R, C)
- 9.00 Infomercials**
- 10.30 Neighbours** (G, R, C)
- 11.00 Home and Away** (R, C)
- 11.30 Shortland Street** (PGR, R, HD, C, AD)
- Noon Two and a Half Men** (AO, R, C)
- 12.30 Jeremy Kyle** (PGR)
- 1.30 Judge Rinder** (PGR)
- 2.35 The Ellen DeGeneres Show** (C)
- 3.30 Kung Fu Panda** (G, R, C)
- 4.00 Dog with a Blog** (G, C)
- 4.30 The 4.30 Show** (G) Today: Eve gets hypnotised; behind the scenes of Shortland Street; and Nickson from Mai FM is the star in a car.
- 5.00 America's Funniest Home Videos** (G, R, C)
- 5.30 Home and Away** (C) Today: Phoebe and Denny are suspicious of Kyle and Ash.
- 6.00 The New Adventures of Old Christine** (G, R, C)
- 6.30 Neighbours** (G, C) Tonight: Tyler and Paige find themselves in hot water.
- 7.00 Shortland Street** (PGR, HD, C, AD) Tonight: Jimmy fights for approval; Kane struggles to trust a criminal; and Chris is caught in the gun. Writer Nick Malmholt, directors Ian Hughes and Richard Barr.
- 7.30 Police Ten 7** (HD, C) Tonight: A very drunk grandmother serenades police.
- 8.00 Car Crash TV** (G, C) Tonight: Shoddy public transport drivers give passengers a fright.
- 8.30 The Flash** (PGR, C) Grodd Lives: Wells unleashes Grodd on the city in order to distract Barry and the team.
- 9.30 Arrow** (AO, C) US action series.
- 10.30 Police Ten 7** (R, HD, C)
- 11.00 The Originals** (AO) The Devil Is Damned: Finn stakes Elijah in his search for the baby, and alpha wolves arrive to join Jackson's pack.
- 11.55 Orange Is the New Black** (AO, R) Lesbian Request Denied: Crazy Eyes has her sights set on Piper.
- 1.05am RBT** (G, R, C)
- 1.35 Infomercials**
- 2.35 Shameless** (AO, R, C)
- 3.35 The Protector** (AO)
- 4.20 Kickin' It** (G, R, C)
- 4.40 The 4.30 Show** (R)
- 5.05 Neighbours** (G, R, C)
- 5.30 - 6.00 Infomercials**

TV3

FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
- 9.00 Infomercials**
- 10.30 The Bold and the Beautiful** (PGR)
- 11.00 Rachael Ray** (G)
- Noon 3 News**
- 12.30 Baggage** (AO)
- 1.00 Dr Phil** (AO, part 2 of 2) Today: A Woman's Granddaughters Claim They Were Assaulted by Her Husband.
- 2.00 The Ricki Lake Show** (AO)
- 3.00 The Real Housewives of New Jersey**
- 4.00 Entertainment Tonight** (G)
- 4.30 Million Dollar Minute** (G, R)
- 5.00 Survivor: Worlds Apart** (G)
- 6.00 3 News**
- 7.00 Campbell Live**
- 7.30 Grand Designs** (C) With Kevin McClood. North Wales: A couple plan to build on a cliff top.
- 8.30 Lost and Found** (C) Local series that searches for lost family members. Tonight: An Auckland woman is desperate to find her father; a top show jumper seeks the woman who adopted her out; and a retired caretaker seeks the daughters he hasn't seen for 25 years.
- 9.30 Bodysockers** (C) Katie Piper presents a UK series in which she meets people who regret their body modifications.
- 10.35 3 News**
- 11.05 Holden Golf World** (HD)
- 11.35 Bones** (AO, C)
- 12.35am - 6.00 Infomercials**

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes**
- 2.00 Sesame Street** (G, R) **2.55 Pingu** (G, R) **3.00 Sticky TV** (G) **3.05 Chuggington** Badge Quest (G, R) **3.10 Strawberry Shortcake** Berry Adventures (G, R) **3.35 George of the Jungle** (G) **4.05 Sticky TV** (G) **4.35 Punk'd** (G, R) **5.00 Life's Funniest Moments** (G) **5.30 It Only Hurts When I Laugh** (G, R) **6.00 Malcolm in the Middle** (G, R, C) **6.30 How I Met Your Mother** (G, R) **7.00 The Simpsons** (G, R, C) **7.30 Family Guy** (PGR, C) Emission Impossible: Peter and Lois decide to have another baby. **8.00 American Dad!** (PGR, R) Honey, I'm Homeland: Stan infiltrates a leftist cell. **8.30 Bob's Burgers** (PGR) Eat, Spray, Linda: Bob needs more time to surprise Linda on her birthday, so he sends her out of the house. **9.00 South Park** (AO, R) Tsst: Cartman's mum employs a "dog whisperer". **9.30 Family Guy** (AO, R) Peter's Two Dads: Peter gives up drinking. **10.00 Cops** (AO) **10.25 The Almighty Johnsons** (AO, C) Everything Starts with Gaia: A short giant and a tall dwarf arrive to kill Gaia. **11.25 Entertainment Tonight** (G) **11.50 - 6.00am Infomercials** (G, R)



TV3: Lost and Found, 8.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
- 6.30 The Crowd Goes Wild** (G, R)
- 7.00 Deal or No Deal** (G, R)
- 7.30 Home Shopping**
- Noon The Doctors** (G)
- 1.00 The Tonight Show Starring Jimmy Fallon** (PGR, R)
- 2.00 The Jeff Probst Show** (G)
- 3.00 Storage Wars** (PGR, R)
- 3.30 The Late Show with David Letterman** (G)
- 4.30 Hot Bench** (G)
- 5.00 Deal or No Deal** (G)
- 5.30 Prime News**
- 6.00 Escape to the Country** (G, R)
- 7.00 The Crowd Goes Wild** (G)
- 7.30 60 Minutes** (PGR, R)
- 8.30 Madam Secretary** (AO) The Kill List: The arrival of Iranian President Shiraz brings more than one sinister surprise for Elizabeth.
- 9.30 Wife Swap USA** (PGR, R)
- 10.30 The Tonight Show Starring Jimmy Fallon** (PGR)
- 11.30 The Crowd Goes Wild** (G, R)
- 12.00am Home Shopping**
- 1.30 The Crowd Goes Wild** (G, R)
- 2.00 - 6.00 Home Shopping**

MAORI

FREEVIEW 5 SKY 019

- 6.30 Pokoro** (G, R)
- 7.00 Dora Matatua** (G, R)
- 7.30 SpongeBob Tarau Porowha** (G, R)
- 8.00 Pukana** (G, R)
- 8.30 Te Kaea** (R)
- 9.00 Te Iti Kahurangi: The Journey to Success** (G, R)
- 9.30 Kai Time on the Road** (G, R)
- 10.00 Korero Mai** (G, R)
- 11.00 Toku Reo** (G, R)
- Noon Korero Mai** (G, R)
- 1.00 Toku Reo** (G, R)
- 2.00 Korero Mai** (G, R)
- 3.00 Kai Time on the Road** (G, R)
- 3.30 Pokoro** (G, R)
- 4.00 Dora Matatua** (G, R)
- 4.30 SpongeBob Tarau Porowha** (G, R)
- 5.00 Swagger** (G, R)
- 5.30 Te Kaea**
- 6.00 Nga Pari Karangaranga** (G, R)
- 6.30 Ako** (G, R)
- 7.00 Te Kaea** (R)
- 7.30 Toi Whakaari** (G, R)
- 8.00 Get Your Fish On** (PGR)
- 8.30 Code**
- 9.30 Hunting Aotearoa** (AO)
- 10.00 Kia Ora Mo Te Reta** (AO)
- 10.30 Death Threat** (AO, R)
- 11.00 - 11.30 Te Kaea** (R)

SKY PREMIERE SKY 030	MOVIES GREATS SKY 032	MOVIES CLASSICS SKY 033	RIALTO SKY 039
6.55 The Heat (2013, M) Sandra Bullock. 8.50 A Resurrection (2013, 16) Mischa Barton. 10.20 Over/Under (2013, M) Steven Pasquale. 11.50 The Reckoning (2014, M) Jonathan LaPaglia. 1.15 The Heat (2013, M) Sandra Bullock, Melissa McCarthy. 3.30 A Resurrection (2013, 16) Mischa Barton, Devon Sawa. 5.00 Rob the Mob (2014, 16) Michael Pitt, Andy Garcia. 6.45 Insidious: Chapter 2 (2013, M) A family seeks to uncover a mysterious secret. Rose Byrne, Patrick Wilson. 8.30 Million Dollar Arm (2014, PG) A washed-up sports agent travels to India to find the next big baseball pitching sensation. Jon Hamm, Pitobash Tripathy. 10.40 Beyond (2012, M) A TV psychic has visions of a missing child. Jon Voight, Dermot Mulroney. 12.10am Suddenly (1996, 16) 1.40 Rob the Mob (2014, 16) 3.25 Insidious: Chapter 2 (2013, M) 5.25 Beyond (2012, M)	6.25 The Boy in the Striped Pajamas (2008, M) Asa Butterfield. 8.00 Jurassic Park (1993, PG) Sam Neill. 10.05 After the Sunset (2004, M) Pierce Brosnan. 11.40 Nights in Rodanthe (2008, PG) Diane Lane. 1.15 The Dark Knight (2008, M) Christian Bale. 3.45 The Boy in the Striped Pajamas (2008, M) Asa Butterfield. 5.20 Starsky & Hutch (2004, M) Ben Stiller. 7.00 Deuce Bigalow: Male Gigolo (1999, M) A dimwitted aquarium cleaner is forced to become a gigolo to repay his debts. Rob Schneider. 8.30 The Shawshank Redemption (1994, M) A friendship develops between a banker convicted of murder and one of his fellow prisoners. Morgan Freeman. 10.55 Groundhog Day (1993, PG) Bill Murray. 12.35am Haunted (1995, M) 2.25 The Shawshank Redemption (1994, M) 4.45 Groundhog Day (1993, PG)	6.05 Escape to Victory (1981, PG) Sylvester Stallone. 8.05 Arthur (1981, PG) Dudley Moore. 9.40 Method to the Madness of Jerry Lewis (PG) 11.40 Nobody's Fool (1994, M) Paul Newman. 1.30 Memphis Belle (1990, PG) Matthew Modine. 3.15 Just Cause (1995, 16) Sean Connery. 5.00 National Lampoon's Vegas Vacation (1997, PG) Chevy Chase. 6.35 Running on Empty (1988, PG) River Phoenix. 8.30 Trading Places (1983, M) Two millionaires use their grand-niece's fiancé and a street hustler as guinea pigs to prove their opposing views. Dan Aykroyd, Eddie Murphy, Denholm Elliott. 10.25 Proof of Life (2000, M) Meg Ryan. 12.40am Apocalypse Now (1979, 16) 3.10 Don't be a Menace to South Central While Drinking Your Juice in the Hood (1996, 18) 4.40 Hollywood Singing & Dancing (PG) 5.35 Memphis Belle (1990, PG)	6.00 Dancing on the Edge (2013, 16, episodes 3-4) 7.45 As I Lay Dying (2013, M) James Franco. 9.40 King of Caravans (2013, M) Local documentary. 10.15 The Queen of Versailles (2012, PG) US documentary. 11.55 In Bloom (2013, 16) Lika Babluani. 1.35 Cosmic Psychos: Blokes You Can Trust (2013, 16) Australian documentary. 3.10 Hara-Kiri: Death of a Samurai (2011, 16) Koji Yakusho. 5.15 Smashed (2012, M) Mary Elizabeth Winstead. 6.35 My Brother the Devil (2012, 16) James Floyd. 8.30 Weekend of a Champion (2013, PG) Restored 1972 documentary featuring Roman Polanski and Jackie Stewart at the 1971 Monaco Grand Prix. 9.55 11:6 (2013, M) François Cluzet. 11.35 Rectify (2014, 16, season 2, episodes 7-8) 1.05am In Bloom (2013, 16) 2.45 Smashed (2012, M) 4.15 My Brother the Devil (2012, 16)

GENERAL

Choice TV FREEVIEW 12 SKY 026

6.00 Benny Hinn **6.30** Mark Berg's Fishing Addiction **7.30** Beat My Build **8.30** Sophie Grigson in the Orient **9.00** The Cook and the Chef **9.30** Candice Tells All **10.00** Carter Can **10.30** Baggage Battles (PG) **11.00** Buying Alaska **11.30** Toy Hunter **Noon** Alexander's Lost World **1.00** Wild Catch **2.00** Mark Berg's Fishing Addiction **3.00** Beat My Build **4.00** Return to River Cottage **4.30** Clodagh's Irish Food Trails **5.00** Beat My Build **6.00** Baggage Battles **6.30** Buying the Bayou **7.00** The Liquidator **7.25** Chocolate Perfection with Michel Roux Jr **8.40** Food Safari **9.10** Rachel Khoo's Kitchen Notebook **9.45** Shane Delia's Spice Journey Turkey **10.30** The Liquidator **11.00** Beat My Build **12.00am** Lonely Planet: Best in Asia **12.30** Benny Hinn **1.00** Beat My Build **2.00** Return to River Cottage **2.30** Clodagh's Irish Food Trails **3.00** Buying the Bayou **3.30** Baggage Battles **4.00** Chocolate Perfection with Michel Roux Jr **5.00** Buying the Bayou **5.30** Shane Delia's Spice Journey: Turkey

UKTV SKY 007

6.10 EastEnders (PG) **6.40** The Vicar of Dibley (PG) **7.10** The Bill (16) **8.00** Eggheads (PG) **8.30** The Graham Norton Show (16) **9.20** Pointless (PG) **10.10** New Tricks (16) **11.05** The Bill (16) **11.55** EastEnders (PG) **12.25** The Vicar of Dibley (PG) **12.55** Would I Lie to You? (PG) **1.25** The Graham Norton Show (16) **2.15** A Touch of Frost (16) **4.05** The Bill (16) **5.00** New Tricks (16) **6.00** Pointless (PG) **6.55** EastEnders (PG) **7.25** QI (16) **8.00** Would I Lie to You? (PG) **8.30** The Graham Norton Show (16) Tonight: Jennifer Aniston and Jason Bateman. **9.25** Citizen Khan (PG) Family Holiday: Mrs Khan is keen to go on a holiday, but she is not willing to dip into the family's rainy day fund to pay for it. **10.00** QI (16) **10.30** Would I Lie to You? (PG) **11.05** The Graham Norton Show (16) **11.55** The Bill (16) **12.45am** Pointless (PG) **1.40** The Vicar of Dibley (PG) **2.10** A Touch of Frost (16) **4.00** Would I Lie to You? (PG) **4.30** The Adventures of Merlin (PG) **5.20** The Graham Norton Show (16)

Living SKY 008

6.00 Flog It! **6.30** Holmes Makes it Right **7.30**



SoHo: Veep, 9.00pm

Charlie Luxton's Homes By the Sea **8.30** Antiques Roadtrip **9.30** The Nate Berkus Show **10.30** Homes Under the Hammer **11.30** Antiques Roadshow **12.30** Location Location **1.30** My Flatpack Home **2.00** Holmes Makes it Right **3.00** Antiques Roadtrip **4.00** Zoo Days **4.30** Flog It! **5.30** Charlie Luxton's Homes By the Sea **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Selling Houses with Amanda Lamb **9.30** Grand Designs Australia **10.30** Location Location **11.30** Antiques Roadtrip **12.30am** Flog It! **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Location Location **4.30** A Place in the Sun **5.30** Flog It!

Sky Arts SKY 027

6.00 Daniel Hope Performs Vivaldi's Four Seasons **6.40** Verbier 2012: David Kadouch Piano Recital **8.00** Pussy Versus Putin **9.00** Riccardo Chailly and Nicolaj Znaider **11.00** Brahms Piano Concerto No 2 **Noon** Menahem Pressler and Friends **1.50** Daniel Hope Performs Vivaldi's Four Seasons **2.40** Verbier 2012: David Kadouch Piano Recital **4.00** Apples, Pears and Paint: How to Make a Still Life Painting **5.00** Macy Gray and David Murray **6.00** Freedom for Birth **7.00** This Is Civilisation **7.50** Brian Sewell's Grand Tour **8.30** Legacy **9.30** Happily Never After **10.40** Notes from the Inside with James Rhodes **11.30** Colour Theory **12.00am** Apples, Pears and Paint: How to Make a Still Life Painting **1.00** Macy Gray and David Murray **2.00** Freedom for Birth **3.00**

This Is Civilisation **3.50** Brian Sewell's Grand Tour **4.30** Legacy **5.30** Happily Never After

SoHo SKY 010

6.00 Episodes (16) **6.30** Entourage (16) **7.30** Silicon Valley (16) **8.00** Veep (16) **8.30** Catastrophe (16) **9.00** Episodes (16) **9.30** The Americans (16) **10.20** Bates Motel (16) **11.10** Sometimes in April (2005, 16) **1.30** Entourage (16) **2.30** Silicon Valley (16) **3.00** Veep (16) **3.30** Catastrophe (16) **4.00** Episodes (16) **4.30** The Americans (16) **5.30** Bates Motel (16) **6.30** Entourage (16) **7.30** Penny Dreadful (18) **8.30** Silicon Valley (16) Season two of the US comedy series. **9.00** Veep (16) Season four of the US comedy series. **9.30** Catastrophe (16) Tonight: Sharon decides on her maid of honour. **10.00** Episodes (16) **10.30** Episodes (16) **11.00** Entourage (16) **11.30** Breaking Bad (18) **12.20am** Band of Brothers (16) **1.30** Penny Dreadful (18) **2.30** Silicon Valley (16) **3.00** Veep (16) **3.30** Catastrophe (16) **4.00** Episodes (16) **5.00** Breaking Bad (18)

BBC World News SKY 089

6.00 World News Today **6.30** World Business Report **6.45** Sport Today **7.00** World News Today **7.30** World Business Report **7.45** Sport Today **8.00** Business Edition with Tanya Beckett **8.30** HARDtalk **9.00** BBC World News America **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** BBC Impact **2.30** HARDtalk **3.00** Global with Matthew Amroliwala **4.30** World Business Report **4.45** Sport Today **5.00** Outside Source **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

6.00 Sky Sport Select **6.30** #Skyspeed **7.00** The Breakdown **8.00** Cycling, Four days of Dunkirk, day one. **10.00** InCycle **10.30** Cycling, Tour d'Azerbaijan, stage one. **11.00** Fishing and Adventure **11.30** Golf World **Noon** The Breakdown **1.00** Cricket, IPL, Royal Challengers Bangalore v Kings XI Punjab. **1.30** Moto GP, Gran Premio bwin de Espana. **2.00** Crash **2.30** Ultimate Insider **3.00** The Ultimate Fighter 21 **4.00** Alvarez v Kirkland 24/7 **4.30** Soccer, A-League, first and second elimination final. **5.30** Rugby, Land Rover First XV, Review Show. **6.30** The Breakdown **7.30** Toyota Grassroots Rugby **8.30** #Skyspeed **9.00** Legends of F1 & Architects of F1: Ayrton Senna **10.00** The Ultimate Fighter 21 **11.00** Fight Night on Sky **1.00am** Ping Pong, World C'ships. **2.00** NRL 360 **3.00** Big Weekend with Matty Johns **4.00** Super Rugby, Hurricanes v Crusaders.

Sky Sport 2 SKY 052

6.00 World of Freesports: Mystic Skate Cup **6.30** Crash **7.00** NRL 360 **8.00** Stereo: On the Couch **9.00** Road Racing, Scarborough Spring Cup Part 1. **10.00** Super Rugby, Highlanders v Sharks. **Noon** NRL 360 **1.00** Stereo: On the Couch **2.00** AFL Weekly Highlights **3.00** InCycle **3.30** Cycling, Tour d'Azerbaijan, stage one. **4.00** Golf World **4.30** Cricket, IPL, Bangalore v Punjab. **5.00** Golf, World C'ships, Cadillac Match, semi-finals and final. **5.30** Ping Pong, World C'ships. **6.30** Stereo: On the Couch **7.30** Boots'n'All **8.30** NRL 360 **9.30** Big Weekend with Matty Johns **10.30** The NRL Footy Show **1.00am** Boots'n'All **2.00** Super Rugby, Rebels v Chiefs. **4.00** Legends of F1 & Architects of F1 Ayrton Senna **5.00** #Skyspeed **5.30** Boots'n'All

Sky Sport 3 SKY 053

6.00 Back Page **7.00** Cricket, IPL, Bangalore v Punjab. **10.30** A-League, first and second elimination final. **11.30** A-League Highlights Show **Noon** The Football League Show **12.30** #Skyspeed **1.00**

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** Deadliest Catch (PG) **7.30** Railroad Alaska (PG) **8.30** MythBusters (PG) **9.30** Moonshiners (M) **10.30** Big Giant Swords (PG) **11.30** Southern Fried Homicide (M) **12.30** Tabloid (M) **1.30** Swamp Murders (M) **2.30** How It's Made (PG) **3.30** Alaska: The Last Frontier (M) **4.30** Deadliest Catch (PG) **5.30** MythBusters (PG) **6.30** Alaskan Bush People (M) **7.30** Gold Rush (PG) **9.30** Flight 8501: Storm Disaster (PG) A look at the reasons why the AirAsia Flight 8501 plummeted into the Java Sea on December 28, 2014. **10.30** How It's Made (PG) **11.30** Deadline: Crime with Tamron Hall (M) **12.30am** Evil-In-Law (M) **1.30** Scorned: Love Kills (M) **2.30** Auction Kings (PG) **3.00** Deadliest Catch (PG) **4.00** Man vs Wild (PG) **5.00** Dirty Jobs

National Geographic SKY 072

6.00 Building Wild (PG) **6.30** Air Crash Investigations (PG) **7.30** Alaska Wing Men (M) **8.30** Yukon Gold (M) **9.30** Is it Real? (PG) **10.30** Sea Patrol UK (M) **11.30** Brain Games (PG) **Noon** Going Deep with David Rees (PG) **12.30** Air Crash Investigations (PG) **1.30** Strippers: Cars for Cash (PG) **2.30** Megafactories **3.30** Car SOS (PG) **4.30** Filthy Riches (M) **5.30** Megafactories **6.30** World's Smart Cities: San Diego (PG) **7.30** Underworld Inc. (16) **9.30** Inside Cocaine Wars (M) Airport Sting: The DEA team prowls Colombia's Bogotas El Dorado Airport in search of cocaine smugglers. **10.30** Drain the Bermuda Triangle (PG) **11.30** Air Crash Investigations (PG) **12.30am** Nazi Megafactories (PG) **1.30** Hitler the Junkie (M) **2.30** Underworld Inc. (16) **3.30** Megafactories **4.30** Strippers: Cars for Cash (PG) **5.30** Cold Water Gold (M)



Discovery: Flight 8501: Storm Disaster, 9.30pm

Nascar Xfinity, Winn Dixie 300. **2.00** Nascar Sprint Cup, race 32, Geico 500. **3.00** IAAF Relays, day one. **4.00** IAAF Relays, day two. **5.00** British Superbike, round two. **6.00** UFC Now **7.00** Ultimate Insider **7.30** The Ultimate Fighter 21 **8.30** Super Rugby, Rebels v Chiefs. **9.00** Super Rugby, Hurricanes v Crusaders. **9.30** Super Rugby, Blues v Force. **10.00** Super Rugby, Highlanders v Sharks. **10.30** Toyota Grassroots Rugby **11.30** Legends of F1 & Architects of F1: Ayrton Senna **12.30am** Fox Sports News **1.00** Cycling, Four days of Dunkirk, day two, **live**. **3.15** Small Blacks TV **3.30** Sky Sport Select **4.00** Warriors 20 Year Celebration

ESPN SKY 061

6.00 Soccer, UEFA Champs. **6.30** Soccer, UEFA Champs, matchday nine, **live**. **9.00** Soccer, UEFA Champs, semi-finals. **11.00** Baseball, MLB, **live**. **2.00** Baseball Tonight **3.00** Soccer, UEFA Champs, semi-finals. **5.00** Tennis, ATP Mutua Madrid Open. **7.00** Around the Horn **7.30** Pardon the Interruption **8.00** Soccer, UEFA Champs, semi-finals. **10.00** ESPN FC **10.30** F1: The Inside Line **11.00** Soccer, UEFA Champs. **11.30** Soccer, UEFA Champs. **12.00am** 2015 Draft Academy **1.00** Soccer, UEFA Champs, semi-finals. **3.00** Mike and Mike **5.00** ESPN First Take

History SKY 073

6.30 Guns of the Famous (PG) **7.30** Inside the Vietnam War (M) **8.30** Great Crimes and Trials (PG) **9.30** Mysteries at the Museum (PG) **10.30** Ancient Discoveries (PG) **11.30** The Spirit of 45 (2013, PG) **1.30** The War of the Worlds (PG) **2.30** History's Raiders (PG) **3.30** Secret War (M) **4.30** Tony Robinson's Tour of Duty (PG) **5.30** Mysteries at the Museum (PG) **6.30** Ancient Discoveries (PG) **7.30** Mysteries at the Museum (PG) **8.30** Holy War (PG) The Sword of the Prophet: Traces the use of religious sentiment for political purpose and false notions of enemy states. **9.30** Brad Meltzer's Lost History (PG) Lost D-Day Footage: Hosted by Brad Meltzer. **10.30** In Search of Aliens (PG) **11.30** The Conspiracy Show (PG) **12.30am** Gladiators of WWII (PG) **1.30** History of Warfare (PG) **2.30** Secret War (PG) **3.30** Mysteries at the Museum (PG) **4.30** Holy War (PG) **5.30** Brad Meltzer's Lost History (PG)

BBC Knowledge SKY 074

6.00 Genius of Invention **6.40** Embarrassing Bodies **7.30** Trust Me I'm a Doctor (PG) **8.25** Junior Doctors: Your Life in Their Hands (M) **9.15** Pain, Pus and Poison **10.10** The Truth About...The Mind (PGR) **11.05** Genius of Invention **11.55** Top Gear: The Ashes **12.55** Top Gear (PG) **1.50** Keeping Britain Safe 24/7 (PG) **2.40** Paul Merton's Adventures (M) **3.25** So You Think You Can Dance Australia (PG) **4.20** Dragons' Den **5.25** Top Gear (PG) **7.30** Sacred Rivers with Simon Reeve **8.35** Australia with Simon Reeve (PG) **9.40** The Invisible Leopard (PG) **10.40** Top Gear (PG) **11.40** Top Gear USA **12.30am** Keeping Britain Safe 24/7 (PG) **1.20** Paul Merton's Adventures (M) **2.05** So You Think You Can Dance Australia (PG) **3.00** Wonderland (PG) **3.40** Sacred Rivers with Simon Reeve **4.40** Australia with Simon Reeve (PG) **5.40** The Invisible Leopard (PG)

RADIO

RNZ National FREEVIEW 50 SKY 421

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Manu Korihi News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan

Including: 10.45 The Reading: Touchstones, by James McNeish (7 of 8, RNZ) (ninetonoon@radionz.co.nz)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

(afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora

An hour of discussion featuring a range of panellists from right along the opinion spectrum (RNZ) (thepanel@radionz.co.nz)

5.00 Checkpoint (checkpoint@radionz.co.nz)**7.06 Nights with Bryan Crump** Including: 7.30

At the Movies with Simon Morris (RNZ); 8.13 Windows on the World; 9.06 Our Changing World (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition Including Dateline Pacific and the day's best interviews from RNZ National

11.06 Music 101 Pocket Edition Music,

interviews, live performances, news and profiles with a focus on NZ (RNZ)

12.04am All Night Programme Including:

12.05 Music After Midnight; 12.30 The Food Chain (BBC); 1.05 The Friday Feature; 2.05 NZ Society (RNZ); 2.30 The Sampler; 3.05 The Captive Wife, by Fiona Kidman (10 of 15, RNZ); 3.30 The Why Factor (BBC); 5.10 Witness (BBC); 5.45 The Day in Parliament (RNZ)

Details available at www.radionz.co.nz

Parliament: www.radionz.co.nz/parliament

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week Ross Harris (b1945) **See page 72**

10.00 Weekday Classics with Cynthia

Morahan Including works by Ries, Grieg, Hill and Rameau; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat Music news and current affairs with Eva Radich (RNZ)

3.00 Classic Afternoons with David Morris

Including: CD Masters; 4.00 Made in New Zealand

7.00 Appointment Tonight: Peter Mechen talks to Raymond Boyce, the designer who has made a huge contribution to ballet, opera, puppetry and drama since he first came to New Zealand in 1953 (RNZ)

8.00 Music Alive Made in NZ: Helen Medlyn (mezzo), NZSQ, NZSO/Hamish McKeich - Cree Brown: Celestial Bodies; Cresswell: Concerto for orchestra and string quartet; Whitehead: Alice

10.00 Day's End Music to wind down to, including works by Boccherini, Kodaly, Barber, Prokofiev and Boellmann

12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Danny Watson **4.00** Larry Williams **7.00** Tony Veitch **Sportstalk** **8.00** Kerre McIvor Talkback **12.00am** Tim Roxborough Talkback **5.00 - 6.00** Rachel Smalley

TV1

FREEVIEW 1 SKY 001

- 6.00 Breakfast**
9.00 Good Morning With Jeanette Thomas, Astar and Matai Smith.
10.00 The Ellen DeGeneres Show (R, C)
11.00 ■ Brendan's Magical Mystery Tour (G, R, C) UK reality series in which eight strangers visit different countries around the world and compete in daily challenges.
11.30 Come Dine with Me UK (G)
Noon ONE News (C)
12.30 Emmerdale (PGR, C) Today: Diane and Chas worry about Andy; Jai is unimpressed; and Doug is determined to turn Laurel's life around.
1.00 Coronation Street (PGR, R, C, AD) Today: Secrets and lies tumble out at Izzy's meal; Rob is seething when Carla sides with Peter; and Roy pays his respects to his father.
2.00 Four Weddings USA (PGR, R) US reality show in which four brides compete for a dream honeymoon.
3.00 Dickinson's Real Deal (G) David Dickinson hosts an antiques appraisal show.
3.55 Te Karere (C)
4.25 The Chase (G, C)
5.25 Millionaire Hot Seat (G, C) Eddie McGuire hosts a gameshow.
6.00 ONE News (C)
7.00 Seven Sharp (C) Mike Hosking and Pippa Wetzell present current affairs.
7.30 Location Location Location (G, C) Property experts Phil Spencer and Kirstie Allsopp help struggling house-hunters to find their dream home.
8.30 Coronation Street (PGR, C, AD) Tonight: Chesney and Sinead have a romantic date; Tina reveals her frustrations to Tommy; and Rob and Tracy strike back at Carla
10.30 ONE News Tonight (C)
11.00 Keeping Britain Alive: The NHS in a Day (AO) UK documentary series that films Britain's healthcare system over the course of a day. Tonight: The story of a tetraplegic coming to terms with the changed relationship with his daughter, and a former pilot and burns victim undergoes the latest of many bouts of reconstructive surgery.
12.15am The Following (AO, R, C) Teacher's Pet: Joe uses his new acolytes to launch a wave of terror to announce his return; Mike meets an old friend; and Ryan and Max use Strauss to try to make contact with Joe.
1.10 Te Karere (R, C)
1.40 - 6.00 Infomercials

TV2

FREEVIEW 2 SKY 002

- 6.00 Creflo Dollar**
6.30 Tiki Tour (G, R, HD, C)
6.52 Piggy Tales (G, C)
6.55 Pokemon: Black and White (G, R, C)
7.20 Back at the Barnyard (G, R, C)
7.45 SpongeBob SquarePants (G, R, C)
8.15 Henry Hugglemonster (G, R, C)
8.35 ■ Jane and the Dragon (G, R, C)
9.00 Infomercials
10.30 Neighbours (G, R, C)
11.00 Home and Away (R, C)
11.30 Shortland Street (PGR, R, HD, C, AD)
Noon Two and a Half Men (PGR, R, C)
12.30 Jeremy Kyle (PGR)
1.30 Judge Rinder
2.35 The Ellen DeGeneres Show (C)
3.30 ■ Kung Fu Panda (G, R, C)
4.00 Dog with a Blog (G, C)
4.30 The 4.30 Show (G) Today: How Adam's date went; a review of Pitch Perfect 2; Brock visits Holi Festival; and up-and-coming musician Khona.
5.00 America's Funniest Home Videos (G, R, C)
5.30 Home and Away (C) Today: Zac comes clean to Leah.
6.00 The New Adventures of Old Christine (G, R, C)
6.30 Neighbours (G, C) Tonight: Amber drops a bombshell.
7.00 Shortland Street (PGR, HD, C, AD) Tonight: Rachel drags Chris into suburban warfare, and Wendy experiences an illicit thrill. Writer Nick Malmholt, directors Ian Hughes and Richard Barr.
7.30 ■ Mom (PGR, R, C) Zombies and Cobb Salad: Christy and her fellow AA buddies try to help when Bonnie loses her job and hits rock bottom.
8.00 ■ The Big Bang Theory (PGR, R, C) The Thanksgiving Decoupling: The gang drags Sheldon to Mrs Wolowitz's house for Thanksgiving.
8.30 ■ John Carter (2012, AO, R, C) A Civil War veteran becomes embroiled in a conflict between the inhabitants of Mars. Taylor Kitsch, Lynn Collins, Willem Dafoe, Samantha Morton.
11.10 Supernatural (AO, C) About a Boy: Hansel converts Dean into his 14-year-old self.
12.05am The Vampire Diaries (AO)
1.00 Total Blackout (G, R, C)
1.30 Infomercials
2.30 The 100 (AO, R, C)
3.15 Golden Boy (AO, R)
4.05 Robotomy (PGR, R)
4.20 Good Luck Charlie (G, R, C)
4.40 The 4.30 Show (G, R)
5.10 Neighbours (G, R, C)
5.35 - 6.00 ■ I'm in the Band (G, R, C)

TV3

FREEVIEW 3 SKY 003

- 6.00 Paul Henry**
9.00 Infomercials
10.30 The Bold and the Beautiful (PGR)
11.00 Rachael Ray (G)
Noon 3 News
12.30 Baggage (AO)
1.00 Dr Phil (AO) Today: My Daughter Has Drinking Issues.
2.00 The Ricki Lake Show (AO)
3.00 The Real Housewives of New Jersey
4.00 Entertainment Tonight (G)
4.30 Million Dollar Minute (G, R)
5.00 Survivor: Worlds Apart (G)
6.00 3 News
7.00 Campbell Live John Campbell presents current affairs and interviews.
7.30 Jono and Ben (HD) Jono Pryor, Ben Boyce, Guy Williams and Rose Matafeo present a comedy series.
8.30 The Graham Norton Show (AO, C) Tonight: Mark Ruffalo, Jeremy Renner, Elizabeth Olsen, Josh Widdicombe, and Blur perform.
9.30 Live at the Apollo (C) Tonight: Jason Manford introduces Chris Ramsey and Doc Brown.
10.30 3 News
11.00 Rake (AO) A Man's Best Friend: Keegan defends a doctor who is accused of animal cruelty after an explicit video is stolen.
12.00am The Good Wife (AO, R)
12.50 Hawaii Five-0 (AO, R, C)
1.45 - 6.00 Infomercials

FOUR

FREEVIEW 4 SKY 012

- 6.00 Children's Programmes** **9.50 Infomercials** **2.00 Sesame Street** (G, R) **2.55 Pingu** (G, R) **3.00 Sticky TV** (G) **3.05 Chuggington** Badge Quest (G, R) **3.10 Strawberry Shortcake: Berry Bitty Advent** (G, R) **3.35 George of the Jungle** (G) **4.05 Sticky TV** (G) **4.35 Punk'd** (G, R) **5.00 Life's Funniest Moments** (G) **5.30 It Only Hurts When I Laugh** (G, R) **6.00 Malcolm in the Middle** (G, R, C) **6.30 How I Met Your Mother** (G, R) **7.00 The Simpsons** (G, R, C) **7.30 New Girl** (PGR, R) **8.00 Raising Hope** (PGR, R) **8.30 ■ Trance** (2013, AO) A fine art auctioneer teams up with a criminal gang to steal a painting worth millions of dollars. James McAvoy, Rosario Dawson. **Films, page 70** **10.35 ■ Lights Out** (AO) US drama series about a retired heavyweight boxing champion. Pilot: Five years after his retirement, Patrick's brother wants him to make a comeback, despite signs of pugilistic dementia. **11.30 Entertainment Tonight** (G) **11.55 - 6.00am Infomercials**



Four: Trance, 8.30pm

PRIME

FREEVIEW 10 SKY 004

- 6.00 Home Shopping**
6.30 The Crowd Goes Wild (G, R)
7.00 Deal or No Deal (G, R)
7.30 Home Shopping
Noon The Doctors (G)
1.00 The Tonight Show Starring Jimmy Fallon (PGR, R)
2.00 The Jeff Probst Show (G)
3.00 Storage Wars (G, R)
3.30 The Late Show with David Letterman (G)
4.30 Hot Bench (G)
5.00 Deal or No Deal (G)
5.30 Prime News
6.00 Escape to the Country (G, R)
7.00 The Crowd Goes Wild (G)
7.30 ■ The Odd Couple (PGR) US sitcom.
8.00 ■ Modern Family (PGR)
8.30 NCIS: New Orleans (PGR)
9.30 American Idol (PGR)
11.30 The Tonight Show Starring Jimmy Fallon (PGR)
12.30am The Crowd Goes Wild (G, R)
1.00 Home Shopping
2.30 The Crowd Goes Wild (G, R)
3.00 - 6.00 Home Shopping

MAORI

FREEVIEW 5 SKY 019

- 6.30 Pokoro** (G, R)
7.00 Dora Matatoa (G, R)
7.30 SpongeBob Tarau Porowha (G, R)
8.00 Swagger (G, R)
8.30 Te Kaea (R)
9.00 ■ Te Iti Kahurangi: The Journey to Success (G, R)
9.30 Kai Time on the Road (G, R)
10.00 Korero Mai (G, R)
11.00 Toki Reo (G, R)
Noon Korero Mai (G, R)
1.00 Toki Reo (G, R)
2.00 Korero Mai (G, R)
3.00 Kai Time on the Road (G, R)
3.30 Pokoro (G, R)
4.00 Dora Matatoa (G, R)
4.30 SpongeBob Tarau Porowha (G, R)
5.00 Tribe (G)
5.30 Te Kaea
6.00 Nga Pari Karangaranga (G, R)
6.30 Ako (G, R)
7.00 Te Kaea
7.30 Toi Whakaari (G, R)
8.00 Kina's K9s (G)
8.30 ■ Homai Te Pakipaki (G)
9.30 ■ Brown Eye (AO) Satirical news series.
10.00 Billy T James (AO)
10.30 Fresh (G, HD)
11.00 - 11.30 Te Kaea (R)

SKY PREMIERE SKY 030

- 6.55 Million Dollar Arm** (2014, PG) Jon Hamm.
- 9.00 Suddenly** (1996, 16) Kirstie Alley.
- 10.30 Rob the Mob** (2014, 16) Michael Pitt.
- 12.15 Insidious: Chapter 2** (2013, M) Rose Byrne.
- 2.00 Beyond** (2012, M) Jon Voight.
- 3.30 Suddenly** (1996, 16) Kirstie Alley.
- 5.00 The Devil's Due** (2014, 16) Alison Miller.
- 6.30 Olympus Has Fallen** (2013, 16) When the White House is captured by a terrorist, a former presidential guard must save the president. Gerard Butler.
- 8.30 Scary Movie 5** (2013, M) Home with their newly-formed family, happy parents Dan and Jody are haunted by sinister, paranormal activities. Ashley Tisdale.
- 10.00 The Wolverine** (2013, M) Hugh Jackman.
- 12.05am** Odd Thomas (2014, M)
- 1.40 Olympus Has Fallen (2013, 16)
- 3.40 The Devil's Due (2014, 16) 5.25 The Wolverine (2013, M)

MOVIES GREATS SKY 032

- 6.25 Haunted** (1995, M) Aidan Quinn.
- 8.15 Starsky & Hutch** (2004, M) Ben Stiller.
- 9.55 Deuce Bigalow: Male Gigolo** (1999, M) Rob Schneider.
- 11.25 The Shawshank Redemption** (1994, M) Morgan Freeman.
- 1.45 Groundhog Day** (1993, PG) Bill Murray.
- 3.25 Haunted** (1995, M) Aidan Quinn.
- 5.15 Miss Potter** (2006, PG) Renée Zellweger.
- 6.50 Mean Girls** (2004, M) A teenager attending school in the US for the first time finds herself at odds with a clique of snooty girls. Lindsay Lohan.
- 8.30 The Lost World: Jurassic Park** (1997, PG) A research team is sent to investigate an island populated by dinosaurs. Jeff Goldblum, Julianne Moore.
- 10.40 The Bourne Identity** (2002, M) Matt Damon.
- 12.35am** School for Scoundrels (2006, M) 2.15 The Lost World: Jurassic Park (1997, PG) 4.20 The Bourne Identity (2002, M)

MOVIES CLASSICS SKY 033

- 6.00 Memphis Belle** (1990, PG) Matthew Modine.
- 7.25 Inside Story: Ferris Bueller's Day Off** (PG)
- 9.00 Just Cause** (1995, 16) Sean Connery.
- 10.40 The Big Red One: The Reconstruction** (2005, M) Lee Marvin.
- 1.20 Detroit Rock City** (1999, 16) Edward Furlong.
- 2.55 The Prophecy** (1995, 16) Christopher Walken.
- 4.30 Beautiful Girls** (1996, M) Timothy Hutton.
- 6.20 Windtalkers** (2002, 16) Two US Marines in WWII are assigned to protect Native-American soldiers. Nicolas Cage.
- 8.30 Out of Sight** (1998, M) A thief pursues a federal marshal he used as a shield in his escape from prison. George Clooney, Jennifer Lopez, Ving Rhames, don Cheadle.
- 10.30 Police Academy** (1984, M) Steve Guttenberg.
- 12.05am** Eyes Wide Shut (1999, 18)
- 2.40 Lord of War (2005, 16) 4.40 We're No Angels (1989, M)

RIALTO SKY 039

- 6.00 My Brother the Devil** (2012, 16) James Floyd.
- 6.05 Cosmic Psychos: Blokes You Can Trust** (2013, 16) Mark Arm.
- 7.40 Hara-Kiri: Death of a Samurai** (2011, 16) Koji Yakusho.
- 9.45 Weekend of a Champion** (1972, PG) UK documentary.
- 11.10 Smashed** (2012, M) Mary Elizabeth Winstead.
- 12.30 The Moo Man** (2013, G) UK documentary.
- 2.10 After May** (2012, M) Clément Métayer.
- 4.10 Crackheads** (2013, 16) Jeremy Birchall.
- 5.40 The Outlaw Michael Howe** (2013, 16) Damon Herriman.
- 7.00 Fading Gigolo** (2014, M) Woody Allen.
- 8.30 Stranger By the Lake** (2013, 18) A gay man's liaison could be dangerous. Pierre Deladonchamps.
- 10.10 The Past** (2013, M) Tahar Rahim, Bérénice Bejo.
- 12.25am** Rectify (2014, 16, season 2, episodes 9-10) 2.05 After May (2012, M) 4.05 Crackheads (2013, 16) 5.35 The Moo Man (G)

GENERAL**Choice TV** FREEVIEW 12 SKY 026

- 6.00** Benny Hinn **7.30** Beat My Build **8.30** Return to River Cottage **9.00** Clodagh's Irish Food Trails **9.30** Beat My Build **10.30** Baggage Battles **11.00** Buying the Bayou **11.30** The Liquidator **Noon** Chocolate Perfection with Michel Roux Jr **1.15** Food Safari **1.50** Rachel Khoo's Kitchen Notebook **2.25** Shane Delia's Spice Journey Turkey **3.00** Beat My Build **4.00** Ask the Butcher **4.30** Simply Italian **5.00** House Crashers **5.30** Million Dollar Contractor **6.00** Baggage Battles **6.30** Buying the Bayou **7.00** American Restoration **7.30** Chelsea's Greatest Garden **8.30** Better Homes and Gardens **10.00** Gardeners' World: Life in a Cottage Garden **10.30** American Restoration **11.00** House Crashers **11.30** Million Dollar Contractor **12.00am** Lonely Planet: Best in Asia **12.30** Benny Hinn **1.00** Beat My Build **2.00** Ask the Butcher **2.30** Simply Italian **3.00** Buying the Bayou **3.35** Baggage Battles **4.15** Chelsea's Greatest Garden **5.15** Gardeners' World: Life in a Cottage Garden

UKTV SKY 007

- 6.10** EastEnders (PG) **6.40** The Vicar of Dibley (PG) **7.10** The Bill (16) **8.00** Eggheads (PG) **8.30** The Graham Norton Show (16) **9.20** Pointless (PG) **10.10** New Tricks (16) **11.05** The Bill (16) **11.55** EastEnders (PG) **12.25** The Vicar of Dibley (PG) **12.55** Would I Lie to You? (PG) **1.25** The Graham Norton Show (16) **2.15** A Touch of Frost (16) **4.05** The Bill (16) **5.00** New Tricks (16) **6.00** Pointless (PG) **6.55** Would I Lie to You? (PG) **7.25** QI (16) **8.00** Would I Lie to You? Tonight: Sarah Millican and Josie Lawrence. **8.30** Peaky Blinders (16) Tonight: Tommy is caught by surprise. **9.40** Spies of Warsaw (16) A mini-series about a French attaché in Warsaw before World War II. David Tennant. **11.20** The Graham Norton Show (16) **12.10am** The Bill (16) **1.00** Pointless (PG) **1.50** The Vicar of Dibley (PG) **2.20** A Touch of Frost (16) **4.10** Would I Lie to You? **4.40** The Adventures of Merlin (PG) **5.30** The Graham Norton Show (16)

Living SKY 008

- 6.00** Flog It! **6.30** Grand Designs Australia **7.30** Selling Houses with Amanda Lamb **8.30** Antiques Roadtrip **9.30** The Nate Berkus Show **10.30** Homes

**UKTV: Spies of Warsaw, 9.40pm**

Under the Hammer **11.30** Antiques Roadshow **12.30** Location Location **1.30** My Flatpack Home **2.00** Grand Designs Australia **3.00** Antiques Roadtrip **4.00** Zoo Days **4.30** Flog It! **5.30** Selling Houses with Amanda Lamb **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Location Location **9.30** The House That £100K Built **10.30** Location Location **11.30** Antiques Roadtrip **12.30am** Flog It! **1.30** Antiques Roadshow **2.30** Homes Under the Hammer **3.30** Location Location **4.30** A Place in the Sun **5.30** Flog It!

Sky Arts SKY 027

6.00 Happily Never After **6.40** Notes from the Inside with James Rhodes **7.30** Colour Theory **8.00** Apples, Pears and Paint: How to Make a Still Life Painting **9.00** Macy Gray and David Murray **10.00** Freedom for Birth **11.00** This is Civilisation **11.50** Brian Sewell's Grand Tour **12.30** Legacy **1.30** Happily Never After **2.40** Notes from the Inside with James Rhodes **3.30** Colour Theory **4.00** Swan Lake **6.20** The Successor of Kakiemon **7.10** Inside the National Trust (G) A look at some of the UK's treasures. **8.00** Architectures: Home of the French Communist Party **8.30** Natalie Dessay Sings Michel Legrand **10.15** Portrait Artist of the Year: Winner's Story **10.45** 100 Yen: The Japanese Arcade Experience **12.00am** Swan Lake **2.20** The Successor of Kakiemon **3.10** Inside the National Trust **4.00** Architectures: Home

of the French Communist Party **4.30** Natalie Dessay Sings Michel Legrand

SoHo SKY 010

6.00 Entourage (16) **6.30** Band of Brothers (16) **7.40** Silicon Valley (16) **8.10** Veep (16) **8.40** Penny Dreadful (18) **9.40** Breaking Bad (18) **10.30** Catastrophe (16) **11.00** Episodes (16) **Noon** Band of Brothers (16) **1.10** Entourage (16) **1.40** Penny Dreadful (18) **2.40** Silicon Valley (16) **3.10** Veep (16) **3.40** Catastrophe (16) **4.10** Episodes (16) **5.10** Breaking Bad (18) **6.00** The Americans (16) **7.00** Entourage (16) **7.30** Orphan Black (16) **8.30** Fargo (16) The Rooster Prince: Molly is suspicious of Lester. **9.30** The Americans (16) March 8, 1983: Philip turns to an unlikely source for solace. **10.30** Inside the Actors Studio (16) **11.30** Silicon Valley (16) **12.00am** Veep (16) **12.30** Orphan Black (16) **1.30** The Americans (16) **2.30** Fargo (16) **3.30** Orphan Black (16) **4.30** Silicon Valley (16) **5.00** Veep (16) **5.30** The Americans (16)

BBC World News SKY 089

6.00 World News Today **6.30** World Business Report **6.45** Sport Today **7.00** World News Today **7.30** World Business Report **7.45** Sport Today **8.00** Business Edition with Tanya Beckett **8.30** HARDtalk **9.00** BBC World News America **10.00** Newsday **10.30** Asia Business Report **10.45** Sport Today **11.00** Newsday **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** BBC World News **1.30** Asia Business Report **1.45** Sport Today **2.00** BBC World News **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** HARDtalk **4.00** BBC World News **4.30** World Business Report **4.45** BBC World News **5.30** World Business Report **5.45** BBC World News **6.45** World Business Report **7.00** BBC World News **7.30** BBC Business Live **8.00** BBC World News **8.30** HARDtalk **9.00** BBC World News **9.30** World Business Report **9.45** Sport Today **10.00** BBC World News **11.00** GMT **12.30am** World Business Report **12.45** Sport Today **1.00** BBC Impact **2.30** Talking Business **3.00** BBC World News **3.30** World Business Report **3.45** Sport Today **4.00** BBC World News **4.40** Africa Business Report **5.00** BBC World News **5.30** BBC Focus on Africa

SPORT

Sky Sport 1 SKY 051

6.00 Darts, Premier League, **live**. **9.30** Cycling, UCI European Tour, Four Days of Dunkirk, stage two, replay. **11.30** UFC Now **12.30** The Ultimate Fighter 21 **1.30** Rugby Nation **2.30** Toyota Grassroots Rugby **3.30** Cycling, Flèche Wallonne, highlights. **4.00** Cycling, Liege-Bastogne-Liege, highlights. **4.30** Cycling, Tour d'Azerbaijan, stage two, highlights. **5.00** #Skyspeed **5.30** The Breakdown **6.30** World Rugby **7.00** Super Rugby, Crusaders v Reds, **live**. **9.35** Super Rugby, Rebels v Blues, **live**. **11.45** Random Rugby TV **12.00am** NRL, round nine, Broncos v Panthers, replay. **2.00** Super Rugby, Crusaders v Reds, replay. **4.00** Fox Sports News **4.30** Super Rugby, Crusaders v Reds, highlights. **5.00** Super Rugby, Rebels v Blues. **5.30** Soccer, A-League, first semi-final.

Sky Sport 2 SKY 052

6.00 Boots'n'All **6.30** Super League Hull KR v Wakefield Wildcats, **live**. **9.15** NRL 360 **10.15** Big Weekend with Matty Johns **11.15** Small Blacks TV **11.30** Super League, Hull KR v Wakefield Wildcats. **Noon** The NRL Footy Show **2.00** World of Freesports, Free4style. **2.30** The Red Stag Timber Hunters Club **3.00** Super League, Hull KR v Wakefield Wildcats. **3.30** NRL 360 **4.30** Big Weekend with Matty Johns **5.30** Super League, Hull KR v Wakefield Wildcats, replay. **7.30** The NRL Footy Show **9.30** Rugby League, NRL, Brisbane Broncos v Penrith Panthers, **live**. **11.30** Rugby League, NRL, Sydney Roosters v Tigers. **1.30am** Super Rugby, Rebels v Blues. **2.00** Soccer, A-League, semi-final one, replay. **4.00** The F1 Show **5.00** #Skyspeed **5.30** NRL, round nine.

Sky Sport 3 SKY 053

6.00 Toyota Grassroots Rugby **7.00** Cricket, IPL, Kolkata Knight Riders v Delhi Daredevils. **10.30** #Skyspeed **11.00** Crash **11.30** Inside Supercars **12.30** Road Racing, Scarborough Spring Cup Part 1. **1.30** Legends of F1 & Architects of F1 Ayrton Senna **2.30**

DOCUMENTARIES

Discovery SKY 070

6.00 Auction Kings (PG) **6.30** Deadliest Catch (PG) **7.30** Railroad Alaska (PG) **8.30** MythBusters (PG) **9.30** Naked and Afraid (M) **10.30** Flight 8501: Storm Disaster (PG) **11.30** Scorned: Love Kills (M) **12.30** Nightmare Next Door (M) **1.30** Deadline: Crime with Tamron Hall (M) **2.30** How It's Made (PG) **3.30** Gold Rush (PG) **4.30** Deadliest Catch (PG) **5.30** MythBusters (PG) **7.30** Railroad Alaska (PG) **8.30** Auction Hunters (PG) Space Cowboys: Allen and Ton search the country for the best deals. **9.30** Redwood Kings (PG) The Daniels build a pirate-themed treehouse. **10.30** How It's Made (PG) **11.30** Cell Block Psychic (M) **12.30am** Dates from Hell (M) **1.30** Dead of Night (M) **2.30** Auction Kings (PG) **3.00** Taiwan Made (PG) **4.00** Deadliest Catch (PG) **5.00** MythBusters (PG)

National Geographic SKY 072

6.00 Cold Water Gold (M) **6.30** Air Crash Investigations (PG) **7.30** Alaska Wing Men (M) **8.30** Born to Ride (PG) **9.30** Is it Real? (PG) **10.30** Australian Pirate Patrol (M) **11.30** Brain Games (PG) **Noon** Going Deep with David Rees (PG) **12.30** Air Crash Investigations (PG) **1.30** Drugs Inc. (16) **2.30** Underworld Inc. (16) **3.30** Ultimate Survival Alaska (PG) **4.30** Big, Bigger, Biggest **5.30** Megastructures **6.30** Seconds from Disaster (M) **7.30** Air Crash Investigations (PG) **9.30** Evacuate Earth (M) Micro Monsters: How to ensure the survival of the human race. **10.30** StarTalk (M) **11.30** Air Crash Investigations (PG) **12.30am** Seconds from Disaster (M) **1.30** Inside Cocaine Wars (M) **2.30** UFOs in Europe: The Untold Stories (PG) **3.30** Air Crash Investigation (PG) **4.30** Die Trying (PG) **5.30** Engineering Connections



History: Egypt Unwrapped, 10.30pm

Cricket, IPL, Rajasthan Royals v Sunrisers Hyderabad. **3.00** Alvarez v Kirkland 24/7 **3.30** Golf World **4.00** Cricket, IPL, Kolkata Knight Riders v Delhi Daredevils, highlights. **4.30** Darts, Premier League Darts, Newcastle, replay. **7.30** Cycling, Tour of Azerbaijan, stage three **live**. **9.00** The Crowd Goes Wild **9.30** Rugby League, NRL, Roosters v Tigers, from Allianz Stadium in Sydney, **live**. **11.30** The Crowd Goes Wild **12.00am** Super Rugby, Crusaders v Reds, highlights. **12.30** Soccer, A-League, First semi-final, highlights. **1.00** Cycling, Four Days of Dunkirk, day three, **live**. **3.30** Rugby League, NRL, round nine, highlights. **4.00** Super Rugby, Rebels v Blues, replay.

ESPN SKY 061

6.00 Outside the Lines **6.30** NFL Insiders **7.30** NFL Live **8.30** Highly Questionable **9.00** SportsNation **10.00** SportsCenter **11.30** NBA Countdown **Noon** Basketball, NBA, semi-finals. **2.30** Basketball, NBA, semi-finals. **5.00** Tennis, ATP, Mutua Madrid Open, round of 16, replay. **7.00** Around the Horn **7.30** Pardon the Interruption **8.00** Motorsport, AMA Supercross, highlights. **10.00** ESPN FC **10.30** Planet Speed **11.00** SportsCenter **1.00am** Mike and Mike **4.00** ESPN First Take

History SKY 073

6.30 In Search of Aliens (PG) **7.30** Tony Robinson's Tour of Duty (PG) **8.30** Asia from Above (PG) **9.30** Mysteries at the Museum (PG) **10.30** Ancient Discoveries (PG) **11.30** Mysteries at the Museum (PG) **12.30** Holy War (PG) **1.30** Brad Meltzer's Lost History (PG) **2.30** History's Raiders (PG) **3.30** Secret War (PG) **4.30** Great Crimes and Trials (M) **5.30** Mysteries at the Museum (PG) **6.30** Ancient Discoveries (PG) **7.30** JFK (PG) **8.30** Deadline Gallipoli: The Full Story (PG) The making of the Australian drama series. **9.30** Tony Robinson's Tour of Duty (PG) Launceston: Tony and the team visit Launceston. **10.30** Egypt Unwrapped **11.30** Great Mysteries and Myths (PG) **12.30am** Mysteries at the Museum (PG) **1.30** The Conspiracy Show (PG) **2.30** Monsters & Mysteries (M) **3.30** Tony Robinson's Tour of Duty (PG) **4.30** JFK (PG) **5.30** Deadline Gallipoli: The Full Story (PG)

BBC Knowledge SKY 074

6.00 The Invisible Leopard (PG) **6.35** Pain, Pus and Poison **7.30** The Truth About the Mind (PGR) **8.25** Genius of Invention **9.15** Sacred Rivers with Simon Reeve **10.15** Australia with Simon Reeve (PG) **11.15** The Invisible Leopard (PG) **12.10** Top Gear (PG) **2.00** Keeping Britain Safe 24/7 (PG) **2.50** Paul Merton's Adventures (M) **3.35** Who Do You Think You Are? Australia (PG) **4.30** Dragons' Den (PG) **5.35** Top Gear (M) **7.35** Embarrassing Bodies **8.30** Who Do You Think You Are? (PGR) **9.35** Michael Palin's New Europe **10.40** Top Gear (M) **11.40** Top Gear USA **12.30am** Keeping Britain Safe 24/7 (PG) **1.20** Paul Merton's Adventures (M) **2.05** Who Do You Think You Are? Australia (PG) **3.00** Steep Street (PG) **3.10** Embarrassing Bodies **4.00** Who Do You Think You Are? (PGR) **5.00** Michael Palin's New Europe

RADIO

RNZ National FREEVIEW 50 SKY 421

6.00 Morning Report Including: 6.18 Pacific News; 6.22 Rural News; 6.27 and 8.45 Te Manu Korihi News; 6.44 and 7.41 NZ Newspapers; 6.47 Business News; 7.42 and 8.34 Sports News; 6.46 and 7.34 Traffic

9.06 Nine to Noon with Kathryn Ryan Current affairs and topics of interest, including: 10.45 The Reading: Touchstones, by James McNeish (8 of 8, RNZ) (ninetonoon@radionz.co.nz)

Noon Midday Report News updates and reports, including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Afternoons with Simon Mercep

Information and debate, people and places around NZ (afternoons@radionz.co.nz)

4.06 The Panel with Jim Mora An hour of discussion with a range of panellists from right along the opinion spectrum (RNZ) (thepanel@radionz.co.nz)

5.00 Checkpoint Including: 6.35 Focus on Politics: Analysis of significant political issues presented by Radio New Zealand's parliamentary reporting team (RNZ) (checkpoint@radionz.co.nz)

7.06 Nights with Bryan Crump Entertainment and information, including: 9.06 Country Life: Memorable scenes, people and places in rural NZ (RNZ) (nights@radionz.co.nz)

10.00 News and Late Edition Including Dateline Pacific and the day's best interviews from RNZ National

11.06 The Clash: Revolution Rock A one-hour special that pays tribute to "the only band that matters" with exclusive and archival interviews, their classic anthems, fan favourites and live tracks

12.04am All Night Programme Including: 12.05 Music After Midnight (RNZ); 12.30 Laugh Track (RNZ); 1.05 From the World (BBC); 2.05 NZ Music Feature (RNZ); 3.05 The Captive Wife, by Fiona Kidman (11 of 15, RNZ); 3.30 The Week (RNZ); 4.30 Global Business (BBC); 5.10 Witness (BBC); 5.45 Voices (RNZ)

Details available at www.radionz.co.nz

RNZ Concert FREEVIEW 51 SKY 422

News and Weather 6.00, 7.00, 8.00, 9.00, 10.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including: 9.00 Composer of the Week: Ross Harris (b1945) **See page 72**

10.00 Weekday Classics with Cynthia

Morahan Including: Works by Dvorak, Glazunov, Canteloube and Schumann; Noon Recent Releases; 1.00 Afternoon Requests (Box 123, Wellington or concert@radionz.co.nz)

2.00 Upbeat with Eva Radich Music news and current affairs (RNZ)

3.00 Classic Afternoons with David Morris Including: CD Masters - Classic performances from the back catalogue; 4.00 Made in New Zealand - NZ performers and composers

7.00 Sound Lounge with Ryan Smith Ryan Smith presents a programme of hardcore avant garde, atmospheric soundscapes, contemporary and early 20th-century music, including: **11.00** New Music Dreams

12.00am Music Through the Night

Details available at radionz.co.nz/concert

Newstalk ZB

6.00 Mike Hosking **8.30** Leighton Smith **Noon** Danny Watson **4.00** Larry Williams **7.00** Tony Veitch **8.00** Bruce Russell **Talkback 12.00am - 6.00** Tim Roxborough **Talkback**



**BILL
RALSTON**

I was secretly glad he didn't revive and have to live on for months in pain.

Check-out choice

Let's get this euthanasia thing sorted to avoid more senseless suffering.

We're very close now to the next wave of moral and political debate that has the ability to change our lives – or rather, our deaths. Over the past 40 or 50 years, we've seen law changes allowing medically arbitrated abortion, consensual homosexual acts and gay marriage. These measures came only after long, hard-fought debate. The next wave of change is likely to come around the issue of euthanasia.

In Wellington, 41-year-old Lecretia Seales, terminally ill with brain cancer, is fighting for the choice to have a doctor terminate her life before the pain becomes too great. Her case is that she has a basic human right to avoid suffering. It's thought that her euthanasia is based on specific circumstances and would not create a precedent, but it would, inevitably, lead to similar cases being brought.

There comes a time in everyone's life when you start to think long and hard about how you might like to exit it.

I knew a bloke who dropped dead after taking too much Viagra or similar while making love to two young women. That's certainly going in style, but I suspect it's likely to be an embarrassment for your grieving family.

I've come to the conclusion that I'd quite like to check out quietly in my own bed while fast asleep after a great dinner party with old friends, at the age of 100. The chances of that, I know, are slim. Many of us will probably die before our century after a battle with some vile disease, the palliative care for which doesn't quite do the job.

I had a friend who died after surgery for brain tumours that turned out to be lethal.

Although I mourned his loss, I was also secretly glad he didn't revive and have to live on for months more, greatly debilitated and in pain. So, then, why shouldn't people who are terminally ill but still rational have the power to go before a medical board and gain the right to an assisted death?

Politics. There was a private member's euthanasia bill on the list at Parliament but Labour leader Andrew Little prevented any of his members from picking it up. The Government certainly won't introduce such legislation, and as far as I can tell, the minor parties won't either.

It's an act of pure political cowardice; politicians are

well aware of the outrage and collateral damage that such a move would engender from the religious right. Yet we certainly need to have a public debate about euthanasia, because people are needlessly suffering before an inevitable death.

Yes, I know the arguments against medically assisted voluntary death. Scheming relatives might pressure their grandfather into putting his hand up for the big hit of morphine because they want his chainsaw or his fortune. But a medical assessment panel could surely adjudicate that issue. I say a medical panel because the courts are no place to be deciding on that kind of life-or-death issue, and besides, the backlog of cases waiting for a High Court date probably means the patient would be long dead by the time it was heard.

Another reason for politicians to abhor the subject is that many people find death, particularly their own, difficult to discuss. Well, I'm afraid we need to talk about it.

I am, by the way, in robust health. One of my irregular visits to the doctor has revealed I am by some miracle in wonderfully good condition. Frankly, we need to consider this issue while we're fit and healthy, because we don't want to be wrestling with it on our deathbeds. ■



"And that's the real difference between summer and winter. Saucepans. Lots of saucepans."

Subscribe FOR Mum

or treat yourself this Mother's Day & be in to win* a trip to Hawaii and more!



\$60
FOR
20 ISSUES

BE IN TO WIN!

- ◆ A trip for 4 from Auckland to Hawaii flying Hawaiian Airlines, and 4 nights' accommodation at The Modern Honolulu
- ◆ 1 of 300 Linden Leaves Porcelain Brightening Serum
- ◆ 1 of 100 pairs of Pearl Perfection freshwater cultured pearl earrings



OFFER CLOSES MAY 27, 2015

Subscribe FOR **\$60**



12 ISSUES



20 ISSUES



12 ISSUES

Subscribe FOR **\$50**



11 ISSUES



12 ISSUES

SAVE UP TO 47%

LOADS MORE TITLES ONLINE!



SUBSCRIBE SECURELY ONLINE
magshop.co.nz/mothersdaynz



0800 MAGSHOP
0800 624 746/Quote **M504LISM**

*Terms and conditions apply. Offer valid for delivery in New Zealand for subscriptions ordered between March 23 - May 27, 2015. Offer is not available in conjunction with any other offer. Delivery will begin within 4-5 weeks of ordering. Prize is only available for the bill payer, who must have an address in New Zealand. For full terms and conditions visit www.magshop.co.nz/mothersdaynz



TISSOT LADY POWERMATIC 80. AUTOMATIC MOVEMENT AND A MOTHER-OF-PEARL DIAL. UP TO 80 HOURS OF POWER RESERVE. INNOVATORS BY TRADITION. TISSOT.CH

SEE MORE AT WWW.GMBWATCH.CO.NZ OR CALL 0508 566 300 FOR NZ STOCKISTS.

**T+
TISSOT**

LEGENDARY SWISS WATCHES SINCE 1853

The Tissot International Warranty and after-sales services are offered exclusively to customers in possession of genuine Tissot watches sold through an authorized Tissot retailer and having a valid warranty certificate duly signed and stamped by such retailer.